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Father Joe's atonement?

Day of reckoning.

Crown, defence clash over jail vs. house arrest



JOE
LOFARO

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In 55 days, disgraced former Blessed Sacrament Church priest, Father Joe LeClair, will learn whether or not he'll spend time behind bars for defrauding his church of \$130,000.

Ontario Court Justice Jack Nadelle set March 19 — St. Joseph's Day — as the day he'll rule whether LeClair should serve 18 months of jail or an 18-24 month conditional house arrest sentence.

LeClair, 56, pleaded guilty Monday to theft and fraud. Crown prosecutor Peter Napier is urging two years' probation in addition to jail time. In a third day of submissions Wednesday, Napier argued the most aggravating element of the case is the severe breach of trust LeClair committed against his church and the archdiocese.

"The sole motivation in this case was greed," said Napier.

"The fraudster is afforded a daily opportunity to stop their crimes."

But LeClair's lawyer, Matthew Webber, argued a conditional sentence is still an option. Crafted properly, a sentence served in the community can still be a deterrent, he said. Webber spent three days arguing LeClair's self control was "compromised" by alcohol and gambling addictions, which were outlined in a psychiatric assessment.

The 16-page report delves into LeClair's life as a popular and well-regarded priest whose good intentions clash with a series of covert schemes to steal money from the church and parishioners. Ultimately, a whistle-blower outed him to The Ottawa Citizen, which published an article in 2011 about his gambling problems.

"He would rationalize that eventually the benefit would go to the parish and the pleasure he got was minimal and merely assuaged his anxiety," the report read. "He deep down, however, knew that what he was doing was morally wrong but had blinded himself to the fact that he was also breaking the law."



Head down, Father Joe LeClair leaves the Elgin Street courthouse moments after reading a tearful statement to the judge at the end of his sentencing hearing Wednesday. MIKE CARROCETTO/FOR METRO

Apology

'Deeply remorseful'

Father Joe LeClair read out an emotional apology in court Wednesday at his sentencing hearing as several supportive parishioners wept and held their heads down.

"I'd like to express how deeply remorseful I am for all that has transpired. I've embarrassed and humiliated the priesthood and the church. I have breached the trust in the very parish that I have cared for and continue to care about so much."

"While the realization was not immediate, I now better understand that my addictions to alcohol and gambling contributed to my thoughtless and irrational behaviour. I was literally unable to control myself."

For a transcript of the full apology, visit metronews.ca.



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Clinton Russell

Former hospital guard guilty of second sex assault

A former Ottawa hospital security guard convicted last October of sexually assaulting a mentally disabled female patient in 2011 was found guilty Wednesday of committing the same crime on a different patient.

Clinton Russell, 44, had pleaded not guilty. Ontario Court Justice Monique Métivier found that the complainant's version of events were credible, even though she said there were some collateral "errors or inconsistencies" in her evidence.

The victim was a woman who functions at the level of an eight-year-old child and was a patient in the psychiatric ward of The Ottawa Hospital. She told the court that Russell led her to a bathroom at the Civic Campus and coerced her to perform oral sex in the summer of 2010.

In the first trial, the complainant told police she had received \$5 for performing oral sex on Russell on Dec. 23, 2011.

Métivier underscored the similarities between the two cases and noted in her ruling that the consistencies between the two cases, "increased the probability of the incidents because of the improbability of coincidence."

Crown prosecutor Suzanne Schriek had sought to revoke Russell's bail, but the judge denied it. Métivier told Russell to return to court for a sentencing hearing on May 14 and hand over some "hard money" in the amount of \$10,000 instead of having two family members act as his sureties.

JOE LOFARO/METRO

Cops hope video will nab intruder

Police in Gatineau are hoping a surveillance video will help identify a man who broke into a Hull home and rummaged around before fleeing on a fluorescent green bike Oct. 30.

According to police, when confronted by the homeowner, the man said he was looking for his cat. The surveillance video shows the man running out of the house in haste.

"He noticed that the homeowner was there, so that is when he left," said

Gatineau Police Spokesperson Sgt. Jean-Paul LeMay, adding that the man wasn't able to steal anything from the home.

The man is described as a French-speaking white male, about five-foot-ten and about 175 pounds. In the video, he is shown wearing a headband and a shoulder bag.

Anyone with information is urged to contact Det. Sgt. Robin Fortin at 819-243-2345, ext. 6224.

TREVOR GREENWAY/METRO



Gatineau police posted a security video to YouTube that they hope will help identify a break-in suspect. POLICE HANDOUT/YOUTUBE

Student hit by car wakes up, recognizes family



École secondaire catholique Franco-Cité student Jean-Remy Ayoune, who was taken to hospital in critical condition after being struck by a car Monday morning, is said to be conscious and doing better, according to friends.

FACEBOOK

'Good news.' Monday accident had left student in critical condition in hospital



TREVOR GREENWAY

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Students at Franco-Cité French Catholic high school got good news Wednesday when teachers updated them on the state of classmate and athlete Jean-Remy Ayoune who was hit by a car and sent to hospital with serious head injuries Tuesday.

Friend Alex Low told Metro Wednesday that teachers told students Ayoune had woken up in hospital and recognized the family members surrounding him.

"It was great news," said Low, who plays on the football team with Ayoune. "Everyone

was smiling, everyone was happy. Nobody heard anything for the past 24 hours, so it was definitely great to hear."

Ayoune was reportedly walking to the nearby bus stop on Smyth Road in front of the school when he slipped on ice and was struck.

Franco-Cité student Alijondro McIzeon was on the scene and told Metro Ayoune was in shock and confused as he lay on the ground after he was hit. He said the car was going about 40 kilometres per hour when it struck Ayoune.

Paramedics arrived and sent him to hospital immediately, saying he was only semi-conscious when they showed up. Low is hoping to have his old teammate back for senior year football with the Falcons, but it may be a long road back to recovery. He said the football team is planning some sort of tribute event for their injured teammate.

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Family of victim in OC Transpo VIA crash sues city, driver

Sept 18. Lawsuit alleges bus driven in 'dangerous and reckless manner'

LUCY SCHOLEY
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The family of a man killed in an OC Transpo bus accident last September has filed a lawsuit against the city and the deceased bus driver for alleged negligence.

The family is seeking combined damages of \$1.4 million for the death of Michael Bleakney.

The 57-year-old geotechnical engineer was on board a double-decker bus when it collided with a VIA Rail train leaving the Fallowfield station the morning of Sept. 18.

He was among five passengers who died after the train ripped off the front of the bus.

David Woodard, the

Quoted

"Any time there are serious injuries or a fatality ... involving a City-owned vehicle, the City recognizes the likelihood that a civil claim may be filed against it."

City lawyer Rick O'Connor

45-year-old bus driver, also died.

Kathryn Bleakney, Michael's widow, is seeking \$1.2 million in damages, while her four adult children are seeking \$150,000. The City of Ottawa and Woodard's estate are listed as the defendants.

The lawsuit's statement of claim, which contains allegations not yet proven in court, describes how Michael rode his bike to the Fallowfield Transitway bus station that morning and stood on

the first level. Woodard approached the train level crossing, which had its gate down and lights activated.

The lawsuit alleges that Woodard "drove in a dangerous, careless and reckless manner" through the gate, while passengers screamed at him to slow down.

It also alleges that both the city and bus driver are liable.

In an email to Metro News, city lawyer Rick O'Connor said this lawsuit was not a surprise.

"Any time there are serious injuries or a fatality on City property or involving a City-owned vehicle, the City recognizes that there is a likelihood that a civil claim may be filed against it. That said, and keeping with its standard practice, the City is not prepared to comment further on the matter as it is before the courts."

Mayor Jim Watson also refused to comment.



An OC Transpo bus sits where it collided with a VIA Rail train during the morning commute on Sept. 18 in Ottawa.

THE CANADIAN PRESS FILE



The exterior of a Canadian Forces recruitment centre is seen at 66 Slater St.

SEAN MCKIBBON/METRO

Military family support line operating 24/7, 8 months after announcement

An expanded toll-free support line for struggling members of the military and their relatives is now operating around the clock, eight months after it was first promised.

The line, operated by the Canadian Forces Morale and Welfare Services Group, offers trained counsellors who can help soldiers and their

families connect with local services, community help and military chaplains.

Separate from existing operational stress injury support and crisis lines, the expanded service comes amid a recent series of suicides among Canadian Forces veterans.

The expansion of the

family support line was announced in April of last year and re-announced again in October as part of National Family Week.

But a general order, obtained by The Canadian Press, shows the operation only came up to full speed within the last two weeks.

National Defence spokes-

woman Marie-Helene Brisson says the agency increased the number of positions slowly and made sure processes were in order before advertising it.

She says the resources to increase staff were made possible by reducing management overhead costs.

THE CANADIAN PRESS

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Mayor reflects on year of progress in annual state of the city address

Moving forward.

Transit, environmental strides laying future groundwork: Watson

LUCY
SCHOLEY
lucy.scholey@metronews.ca

Jim Watson said he's going to keep cleaning up the Ottawa River and will stay on track with Light Rail Transit (LRT).

Those are the mayor's top priorities going into 2014, which he outlined in his annual state of the city address — council's year in review — Wednesday morning.

Watson described 2013 as a year of "progress" and announced this year's plans to plug along with major developments like the LRT, river cleanup, expanding the Arts Court and building the Bay-



Mayor Jim Watson speaks to reporters at Ottawa City Hall on Wednesday. LUCY SCHOLEY/METRO

view Yards innovation hub.

"Obviously, I'm biased," he told a group of reporters following the address. "I think we

accomplished a lot of the goals that we set out."

Watson said the Ottawa River Action Plan is the big-

gest environmental priority this year. Ottawa has already cleaned up 70 per cent of the river's septic sludge and there

are plans to meet with local Ottawa West-Nepean MP John Baird to bring in underwater storage tanks and get Gatineau on board.

"Pollution doesn't respect the boundaries of the Ottawa River," he said. Ottawa has set aside \$60 million for this cleanup.

As for transportation, the biggest priority is the \$2.1-billion LRT project, which is due to be completed in 2023.

The Confederation Line LRT tunnel is almost a tenth finished and Watson called that a "significant milestone."

"We still have to monitor the light rail project and make sure it stays on budget and on time," he said.

Watson would not give details on his election platform yet, but said it will be released in stages after Labour Day.

"Despite the fact that this is an election year, we still have a lot of work to do here," he said.

Ottawa in 2014

- Cyclists will be able to coast down an improved east-west bike lane from Vanier to Westboro.
- More murals will spring up around the city akin to that on Preston Street under Highway 417. Artists, residents and the Business Improvement Areas (BIAs) will work on the art starting this summer.
- A \$76-million transit-way extension is on the way from Bayshore to Moodie Drive.
- With a new lease signed with the Can Am League, Ottawa is counting down to its 2015 baseball comeback.

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Mom who left young kids alone to go partying wants her sentencing delayed

An Ottawa lawyer will find out Thursday whether or not a judge will grant an adjournment on sentencing an Ottawa mom who left her three preschool aged kids alone in her Vanier apartment while she went partying.

Jason Gilbert says his client, who can't be named, is living in a problematic residence surrounded by abuse and drug use and hopes to delay sentencing while she finds more suitable housing.

The Crown disagreed with Gilbert's request. Prosecutor Louise Tansey-Miller argued that the 25-year-old mom had ample time to better her living arrangements and it should have been done before the day of sentencing, which was set for Wednesday.

"This is nothing new to her — that this was going to be a problem — and no steps were taken then and yet here we are on the day of sentencing where this matter was to (be resolved), and the view is now to prolong it for a reason that has been in play for some period of time already," said Tansey-Miller.

She said the Crown's position on the case would depend on a "positive outcome following rehabilitation," but because the Ottawa mom failed a recent drug test, the Crown will likely push for a harsher sentence.

"Based on the information in the pre-sentence report, (the defendant) has tested positive recently for cocaine and as a result the Children's Aid Society is seeking wardship of the children," she added.

The woman pleaded guilty in November to three counts of child abandonment, breach

of probation and mischief endangering life after neighbours reported hearing screams from the apartment in March of last year. When police arrived, they found three children aged 3, 2 and nine months alone and in filthy conditions.

The mom had been partying at a friend's house since the night before.

Because of scheduling issues, Justice Peter Wright postponed the hearing until Thursday. He hasn't decided if he will allow an adjournment on her sentencing.

TREVOR GREENWAY/METRO



A mother who left her kids alone in filthy conditions to go partying wants her sentencing hearing delayed while she finds more suitable housing. METRO FILE

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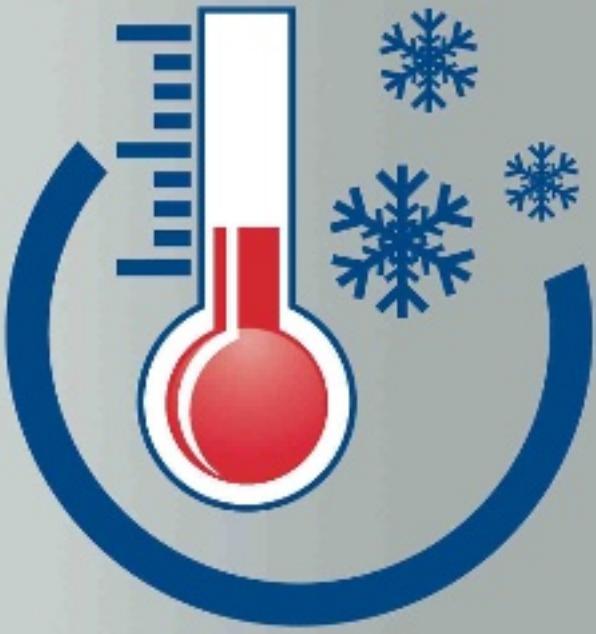
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Whoa, Joey!



COURTESY BILL KENT/CANADIAN WAR MUSEUM

Just horsin' around

Say 'awe'

Grade 1 and 2 students from Knoxdale P.S. got up close and personal Wednesday with the equine star of Tony-award winning play War Horse at the Canadian War Museum. War Horse, being performed at the NAC until Jan. 26, is based on the book by acclaimed children's writer Michael Morpurgo. It was adapted for stage by Nick Stafford.

METRO

Hold your horses!

Taking the reins

Three puppeteers are needed to make Joey come to life — one controls the head, one controls breathing and front legs, and a third person controls the tail and back legs. An aluminum frame along the spine, lined partly with leather for comfort, allows the horse to be ridden.



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10 feet

The puppet is almost 10 feet long and about 8 feet tall and has about 20 major joints. It weighs 120 pounds, with a frame made mostly of cane.

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Ford: Latest embarrassing video just one of life's 'difficult bumps'

Nothing personal.

Toronto mayor happy to talk about city's budget, but won't take questions about Jamaican-infused Steak Queen rant

Toronto Mayor Rob Ford is calling his alcohol-fuelled, profane rant in a Jamaican accent at a restaurant — caught on video — a "minor setback," and says he is entitled to a personal life.

Ford offered no apologies a day after the clip, which shows him using Jamaican swear words and other profanities, at one point aiming his curses at Toronto's police chief, was posted anonymously to YouTube.

"Monday was unfortunate," he said at a late-afternoon news conference. "I had a minor setback. We all experience



Toronto Mayor Rob Ford charges through a media scrum at city hall in Toronto on Wednesday. FRANK GUNN/THE CANADIAN PRESS

these difficult bumps in life."

But, he said, it is a "completely private matter."

"As you know, I'm a human

being, the same as every one of you, and I'm entitled to a personal life," Ford said. "My personal life does not interfere

with work I do in and day out for the taxpayers of this great city."

Ford refused to answer

reporters' questions throughout the day about whether he drove himself to or from the restaurant that night, if he

'A minor setback'

"As you know, I'm a human being, the same as every one of you, and I'm entitled to a personal life."

Toronto Mayor Rob Ford

was using drugs and if he was hanging out with his friend Alexander Lisi.

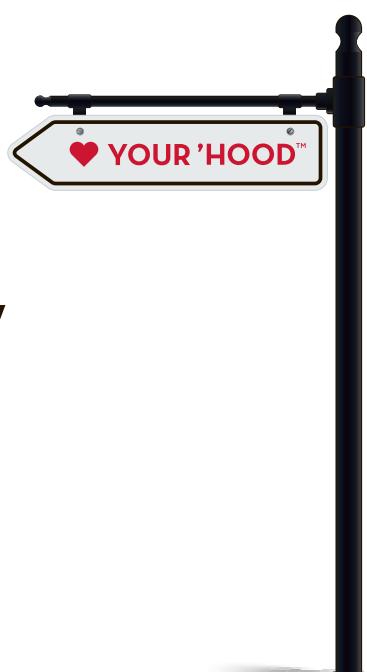
A second video also posted to YouTube, purportedly from the same night, appears to show Ford sitting with Lisi.

Ford's admission that he had been drinking ended weeks of adamant vows that he had given up alcohol.

Ford spent much of his news conference discussing the city's budget and finished by saying he would be "happy to take questions on the budget only."

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Police not allowed to see Magnotta research video

A judge has prevented Montreal police from getting their hands on a confidential academic video interview with accused killer Luka Rocco Magnotta.

The Canadian Association of University Teachers welcomed the Quebec Superior Court decision, saying it upholds researchers' rights to protect confidential information needed for their academic work.

The association's executive director says in a statement the ruling represents the first court recognition of researcher-participant privilege.

Montreal police had sought to gain access to a copy of the interview for evidence they're still gathering against the 31-year-old Magnotta, who is charged with first-degree murder in the slaying and dismemberment of Chinese engineering student Jun Lin.

Lawyers representing University of Ottawa criminologists had argued the 2007 interview with a subject known under the pseudonym "Jimmy" should



Luka Magnotta is shown in an artist's sketch. A judge has prevented police from obtaining a video interview with the accused killer.

MIKE MC LAUGHLIN/THE CANADIAN PRESS

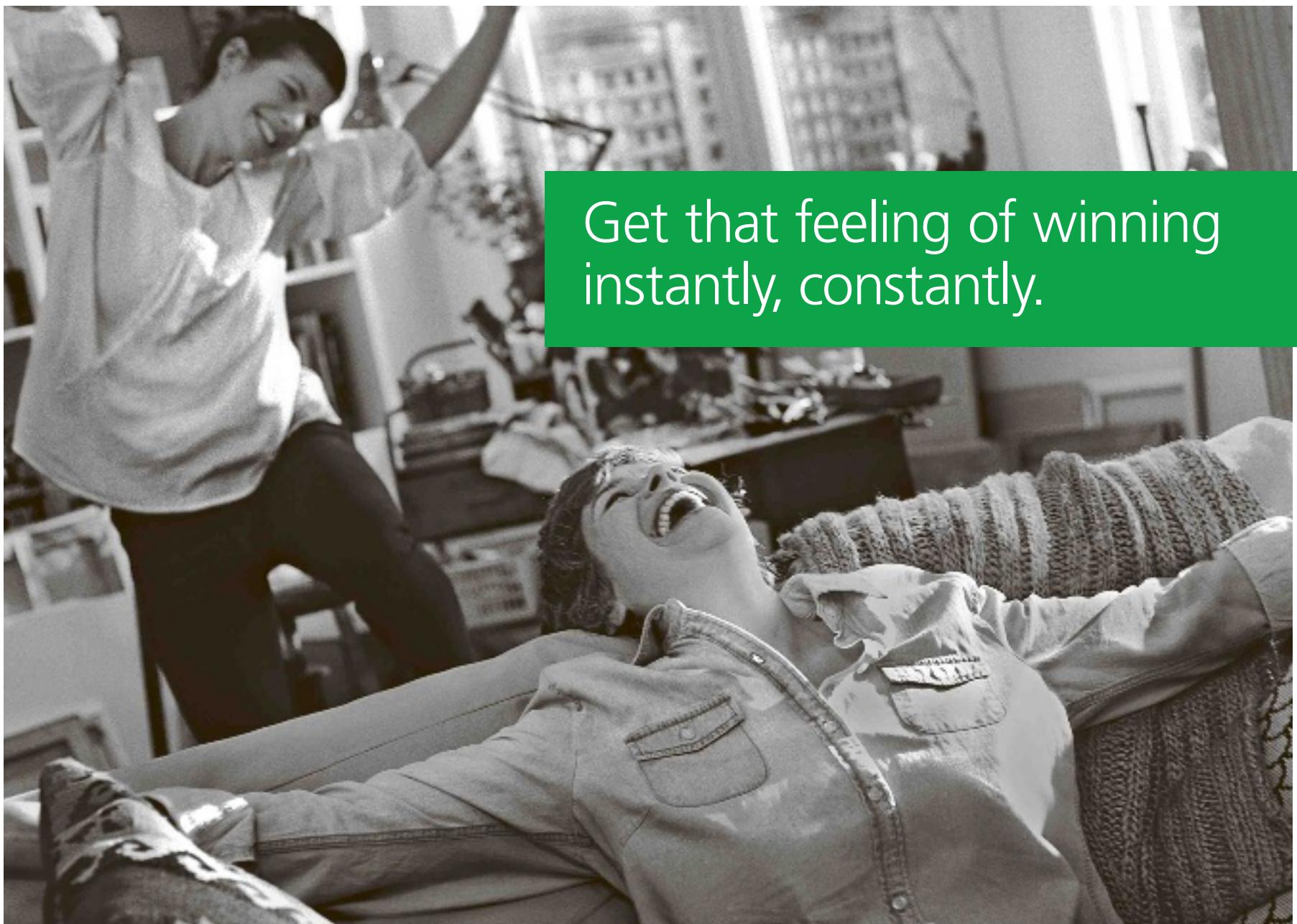
of confidentiality vital to the conduct of their research," James Turk, executive director of the Canadian Association of University Teachers, said in a statement Wednesday.

"Courts have recognized the social importance of journalists being able to protect confidential sources, and this decision extends a similar recognition to academic researchers."

The news release published by Turk's association said that, in her ruling, Justice Sophie Bourque noted "much academic research provides useful information on certain aspects of the human condition that are normally kept silent."

The Bourque ruling was also quoted by the association as saying, "The evidence demonstrates that much of the research involving vulnerable people can only be conducted if human participants are given a guarantee that their identities and the information that they share will remain confidential."

THE CANADIAN PRESS



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Protests in Ukraine turn deadly

Kyiv. Political crisis intensifies as violent clashes between police and protesters result in fatalities

Unrest in Kyiv turned for the worse on Wednesday as opposition leaders claimed four people were killed in clashes between police and protesters, the first fatalities since demonstrations over the government's rejection of a planned EU treaty began in November.

The day saw state police units dismantle a makeshift barricade on Europe Square and Hrushevskoho Street — the city's new hotspot for clashes, which runs along the cabinet office and parliament buildings. Protesters, who fashioned makeshift armour out of sleeping mats and pieces of wood strapped to their jackets, parried police grenades with Molotov cocktails.

"If we leave now, we will all land up in jail. We will take a



Protesters hurled gas bombs at riot police Wednesday. ANDREY SVITAILO/METRO WORLD NEWS

stand," Bogdan, a young man guarding a barricade, told Metro. To maintain their position, the protesters ignited huge bonfires, the smoke from which, they claim, neutralizes the pepper gas launched by the police.

When news circulated earlier in the day of the first casualties in the civil unrest, the crowds in this area swelled to an estimated 2,000 by mid-morning. "Burn for our boys!" a voice was heard from the crowd as a gas bomb landed

on top of a phalanx of riot police. Some of the bombs lobbed were five-litre pickle jars.

At one moment, an Orthodox priest walked out into the neutral zone between the protesters and police, plead-

Caught in the clash

Metro
photographer
injured by
grenade



Photographer Andrey Svitailo; the shrapnel he was hit with. MWN

A Metro journalist was injured Wednesday in a stun grenade explosion on Kyiv's Europe Square amid clashes between anti-government protesters and police.

Andrey Svitailo, a staff photographer for the Metro Moscow newspaper, sustained leg injuries caused by shrapnel exploding from a stun grenade thrown by Berkut riot police at protesters.

"It was very sore and pain-

ful," Svitailo describes the moment after three pieces of shrapnel struck his calf and thigh. "My jeans ripped open and I was left with some bloody bruises. I literally had to take out the shards of grenade out of my clothes."

"But thanks to my long johns, the fragments did not pierce my skin." Svitailo did not require hospitalization and is continuing to cover the protests. **METRO WORLD NEWS**

by Maidan Square.

Hrushevskoho Street was emptied after 10 minutes. While the air cleared at Kyiv's freshest battleground, thick black smoke still shrouded city squares elsewhere.

METRO WORLD NEWS IN KYIV

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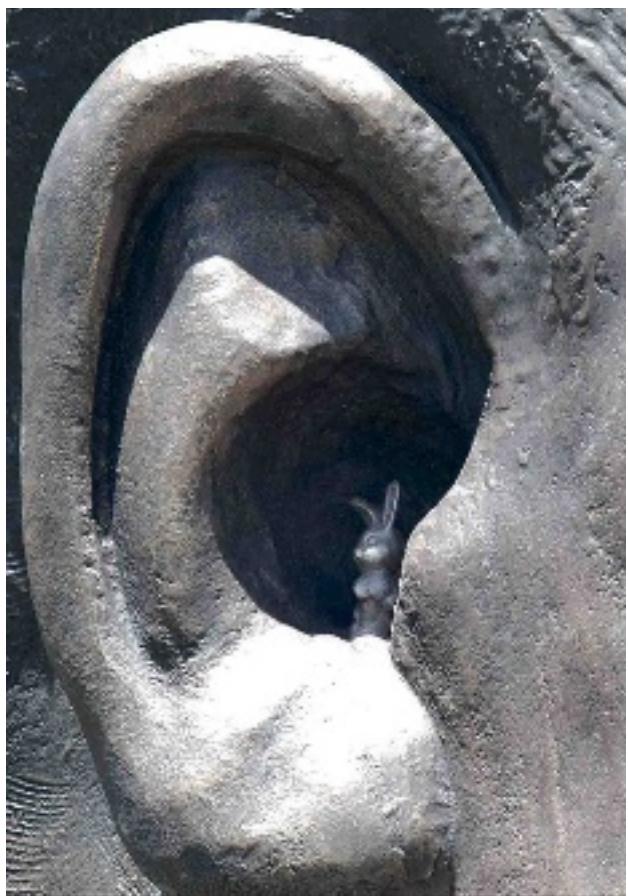
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A barely visible sculpted rabbit is tucked inside one of the bronze ears of a nine-metre-tall statue of Nelson Mandela outside the government complex in Pretoria, unveiled a day after South African leader's funeral last month. Officials want the miniature bunny removed. THE ASSOCIATED PRESS

Officials want to pull rabbit out of Mandela statue's ear

Hopping mad.

Sculptors apologize to those who felt it was disrespectful, arts and culture minister says

A new, nine-metre sculpture of Nelson Mandela has a tiny, barely visible quirk: a sculpted rabbit tucked inside one of the bronze ears.

South African officials want the miniature bunny removed from the statue, which was unveiled outside the government complex in Pretoria on Dec. 16, a day after Mandela's funeral. The department of arts and culture said it didn't know the two sculptors, Andre Prinsloo and Ruhan Janse van Vuuren, had added a rabbit, said to be a discreet signature on their work.

Dali Tambo, the CEO of Koketso Growth that was ap-

Hasty decision?

The artists said they added the rabbit as a "trademark" after they were not allowed to engrave their signatures on the statue's trousers.

They said the rabbit represented the pressure of finishing the sculpture on time because "haas" — the word for rabbit in the Dutch-based Afrikaans language — also means "haste."

pointed to manage the statue project, said the artists, who belong to South Africa's white Afrikaner minority, were selected in part because the project was a multi-racial effort in keeping with Mandela's principle of reconciliation. He said their signatures could be added in a discreet place, perhaps on Mandela's heel. THE ASSOCIATED PRESS

Ceres

Scientists spy water on dwarf planet

Scientists have confirmed signs of water on the dwarf planet Ceres, one of the few bodies in the solar system to hold that distinction.

Peering through the Herschel Space Observatory, a team led by the European Space Agency detected water plumes spewing from two regions on Ceres,

the largest object in the asteroid belt. The observations, in Thursday's issue of Nature, come as NASA's Dawn spacecraft is set to arrive at the Texas-sized dwarf planet next year.

The source of the water plumes is still unclear. Scientists think there may be a layer of ice just below the surface that gets heated by the sun or the plumes could be spewed by ice volcanoes.

THE ASSOCIATED PRESS

Michigan airport

Influx of owls poses threat to aircraft

Traps are being used to catch snowy owls alive at Michigan's Gerald R. Ford International Airport after staff members shot nine in the last two months to ensure aircraft safety.

Snowy owls are out in force in parts of the Midwest this winter, thanks to a population boom

in their Arctic breeding lands. Birdwatchers have reported spotting them more frequently than usual in several places around Michigan.

An airport spokeswoman said the influx of snowy owls into the area is unprecedented and airport staff cannot compromise flight safety. The owls are known to fly low and could collide with an aircraft.

THE ASSOCIATED PRESS

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Kenyan author comes out against homophobia in Africa

Online declaration.

Reactions to the writer's coming out were mostly negative

One of Africa's leading literary figures Binyavanga Wainaina says he's known he was gay since he was five years old, though he did not have a homosexual encounter until he was 39.

To celebrate his 43rd birthday, the prize-winning Kenyan has published an online essay telling the world that he is gay. His story contributes to an increasingly fierce debate about gays in Africa and is a protest against laws that seek to further criminalize homosexuality.

Wainaina's essay, painful to read, this week announced what he wishes he had told his mother before she died 14 years ago: "I am a homosexual,

mum."

In an interview with The Associated Press on Wednesday, he said he came out to help preserve his dignity.

"All people have dignity. There's nobody who was born without a soul and a spirit," he said. "There is nobody who is a beast or an animal, right?"

"Every one, we, we homosexuals, are people and we need our oxygen to breathe."

Wainaina, whose hair is dyed in rainbow colours, lashed out at recently passed laws against homosexuality in Nigeria and Uganda. He also criticized Russian President Vladimir Putin, who faces criticism over Russia's law banning "gay propaganda" aimed at youth.

"I can't sleep at night because there are people who I may know or who I don't even know ... who may be dying or being beaten or being tortured right now in a Nigerian cell or three weeks ago in a Ugandan one," he said.



Prize-winning Kenyan author Binyavanga Wainaina talks during a television interview in Nairobi, Kenya, Wednesday. He publicly declared his homosexuality in an online essay last weekend. BEN CURTIS/THE ASSOCIATED PRESS

Dennis Nzioka, a gay rights activist in Kenya, welcomed Wainaina's public announcement and said his prominence may influence other gay people

in Africa and Kenya to come out publicly. He said Wainaina's announcement was both inspirational and courageous.

"Courageous, because to

do this in the Kenyan society knowing very well what he can face; ostracization and rejection," Nzioka said.

THE ASSOCIATED PRESS

On the front lines Clashes over gay laws continue

Thousands of protesters threw stones into the Shariah court in a north Nigerian city Wednesday, urging the speedy convictions and executions of 11 men arrested for belonging to gay organizations.

Security officials fired into the air to disperse protesters in Bauchi city so the accused men could be safely returned to the prison.

Meanwhile, in Uganda, a court on Wednesday ordered the deportation of Bernard Russell, a British man facing criminal charges related to images of him having sex with another man.



Bernard Russell THE ASSOCIATED PRESS

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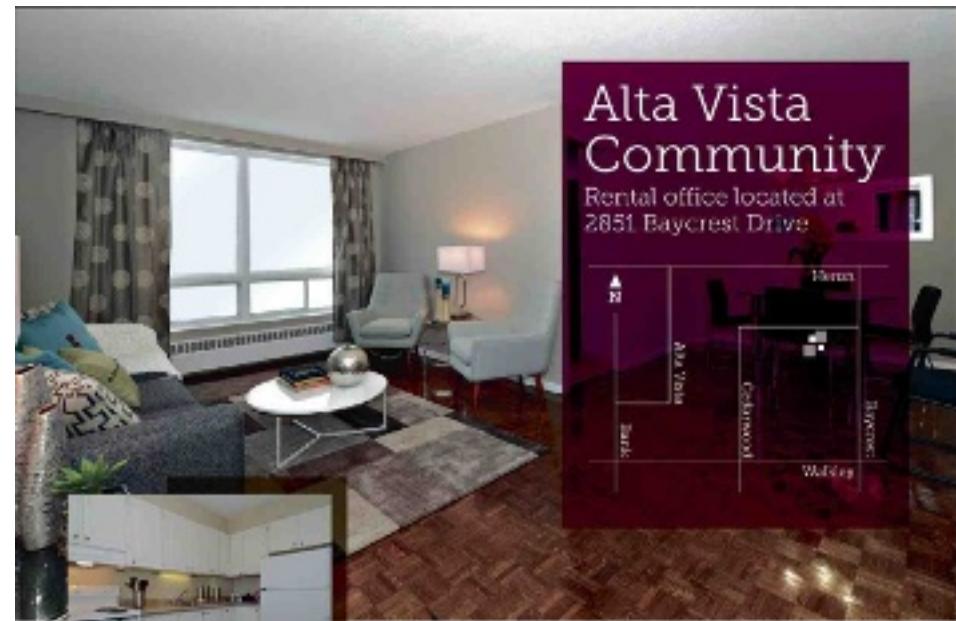
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Runners, don't fold to the cold

Running in a winter wonderland. First step is the worst, says expert with ice in her veins

 **JACOB MORGAN**
Metro in Saskatoon

With Canada having experienced a brutal cold snap from coast to coast at the outset of 2014, the rest of the country can learn a thing or two from the folks in the Prairies.

Lisette Schermann is the manager of the Brainsport store, a staple of Saskatoon's Broadway Avenue. She says that when the temperatures dip far below zero, there is no reason to sit inside and sulk.

Instead, try going for a brisk run on the tundra.

"The hardest part is getting out there," she said. "Once you're outside it's not nearly as bad as you think."

There are many common misconceptions when it comes to winter running, said Schermann. For instance, newbies tend to assume they're going to feel as cold as they do when walking from the front door to the car.

"People definitely over-dress," she said. "They're judging it on experiences of

Truth or dare

Truth: In order to gain traction on the ice, you need shoes designed with proper grip and insulation.

- Dare:** Try the DIY approach with screws in the soles and duct tape on the tips for extra heat.

Truth: When you first get started with winter running, your average pace could slow down by about 10 per cent.

- Dare:** By the end of the season, try to beat the speed you have in the summer.

walking or driving in the cold where you're not producing as much body heat."

However, she said that doesn't mean would-be winter runners don't need to "step up their game, gear-wise."

Some must-have items: sneakers with cleats for traction on the ice, reflective materials for visibility during those long winter nights and a balaclava to protect your face from the windchill.

Once that's done, it's time to hit the snow.

But make sure not to start off with heavy speed work, as Schermann said the frigid

weather can extend average paces by 10 per cent.

"You only really have to be aware of that the first few runs and then you get your snow legs," she said.

And when the season is done, Schermann said many runners are ahead of the game.

Even if you're not looking for a challenge, Schermann said a nice jog can be a great cure for the winter blues.

"There aren't that many opportunities to get outside in the winter time, and running is a really easy one."

Metro asked: What's your winter running pet peeve?

 "Just the ice is sometimes trouble for me. ... They make grips for your shoes or people screw actual screws into their shoes."

Jillian Joan, 23, Brooks Running Company employee, Alberta

 "Definitely the windchill. It's probably the worst thing. Everything else seems pretty good though."

Kristen Christensen, 30s, rec programmer, Saskatoon

 "When winter runners unexpectedly run across an intersection ... as a driver on icy roads I don't have enough time to necessarily stop."

Dave Cazakoff, 28, student, Saskatoon

 "When I don't have the right wind-breaking material and my legs get really cold. The front of my thighs burn from being so cold."

Crystal Clarke, 34, librarian, Saskatoon

 "I run around near the residential areas and sometimes people don't shovel their walks so you'll be running into deep snow."

Benjamin Lam, 27, engineer, Saskatoon

 "When people don't get out of your way, even when you call out. ... Running through a snow drift is not a whole lot of fun."

Becky Mang, 33, engineer, Regina



Must-have gear

Hat

SUGOI Snowflake Tuke. Doesn't have to be too thick, as long as it covers the ears.

Balaclava

Saucony DryLite Balaclava. Features mesh over the mouth for breathability.

Gloves

SUGOI Wind Mitt. Warmer than gloves. For an extra layer, try wearing gloves underneath the mitts.

Base layer

Helly Hansen Warm. Merino wool to stay fresher smelling.

Mid layer

SUGOI Women's Speedster 3 Performance Hoodie. Features a ponytail hole in the hood.

Outer layer

SUGOI Jackie Thermal Jacket. Windproof panels over the sleeves and a fleecy breathable back. Lots of pockets.

Pants

Salomon Nova Softshell pant. Warmest pant at Brainsport.

Ankle

SUGOI Resistor Run Gaiter. Keeps snow out of shoes.

Sneaker

Saucony Ride running shoe. (Note: this model is using regular grip so as not to damage the grip on the winter shoes during a test run.)

JACOB MORGAN/
METRO IN SASKATOON

Oil starts flowing from Oklahoma to Texas via Keystone XL pipeline

Like oil and water.

CEO says southern leg is a 'win-win-win' as activists worry those who live along route will be ultimate losers

Canadian oilsands producers have a direct pipeline link between Alberta and the U.S. Gulf Coast with the official start-up Wednesday of the Keystone XL pipeline's southern leg.

The project's opposition, meanwhile, vowed to watch the new pipeline "like a hawk" as it continues to urge President Barack Obama to reject the larger, more contentious northern leg of the system.

"This morning we have made a major change in where the largest refining hub in the world gets its oil," said Alex Pour-

Sticky situation

Plenty of criticism of the pipeline has gushed up.

- Jane Kleeb, with the anti-pipeline advocacy group Bold Nebraska, said that Wednesday marked a "very sad day" for those worried about their land in Texas and Oklahoma. "We all know this pipeline is a huge risk to folks along the route," she said. "Citizens are watching this pipeline like a hawk. They know that they are bracing for the worst today as this pipeline starts up."

baix, the executive in charge of oil pipelines at TransCanada Corp., the company building the line.

CEO Russ Girling described

the \$2.3-billion US project as a "win-win-win" for U.S. Gulf refiners, who'll get access to a cheaper, more secure source of crude, for North American crude producers, who'll get a better price for their landlocked oil and for consumers, who may pay a cheaper price at the pump as expensive foreign imports are supplanted.

The only losers, he said, are the foreign suppliers whose product will be pushed out of the lucrative Gulf market.

"We're seeing an enormous change in North American energy markets and how energy gets delivered," Girling told a news conference Wednesday.

He said there's "not a chance" that crude will be exported overseas from the Gulf — at least not in his lifetime — disputing a common assertion from pipeline opponents.

THE CANADIAN PRESS

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Another jewel for the crown?

The 29.6-carat blue diamond recovered by Petra Diamonds from a mine near Pretoria, South Africa, is seen in this Jan. 18 photo. Petra said in a statement that the diamond — found in the Cullinan mine, which has yielded, among other famous stones, the 530-carat Star of Africa blue diamond that is part of the British crown jewels — is a vivid blue with extraordinary tone and clarity, and could yield a polished stone of great value.

PHILIP MOSTERT/PETRA DIAMONDS/THE ASSOCIATED PRESS

Warns of low inflation

Bank of Canada keeps interest rate steady at 1%

The Bank of Canada is lowering its forecast for inflation, which has been persistently below the desired target, but keeping its key interest rate unchanged at 1.0 per cent.

The central bank said inflation is now expected to be lower than previously projected, partly due to price competition among retailers. THE CANADIAN PRESS

Some sanctions lifted

EU businesses to rush back into Iran

Europe's business community is abuzz with preparations to rush back into Iran, an economic powerhouse in the Middle East, as some sanctions are suspended.

THE ASSOCIATED PRESS

Totalled \$3.7B

Air Canada wipes out pension deficit

Air Canada took another major step to generating a sustainable profit and gaining investor confidence by wiping out last year's \$3.7-billion pension deficit to post a small preliminary surplus. THE CANADIAN PRESS

Renewable energy

Being in the red dents EU's zest for going green

The European Union on Wednesday shied away from more ambitious renewable energy goals as the bloc's sluggish economy appeared to dent its zeal to fight climate change.

THE ASSOCIATED PRESS



Actress Quvenzhané Wallis last year, at the age of nine. GETTY IMAGES

dents had their own device.

THE CANADIAN PRESS

4th graders now. Just a sec, mom, I'm texting Emily our recess plans

A survey of more than 5,400 Canadian kids in grades 4 through 11 found a majority had their own cellphone, while nearly one in four of the youngest children owned a mobile device.

MediaSmarts did the wide-ranging survey and the director of education for the non-profit said it was eye-opening for him to learn that about a quarter of nine- and 10-year-old stu-

dents had their own device.

THE CANADIAN PRESS

Report. You're not dumb to worry your 'smart' fridge might spy on you

Don't look now, but your new fridge may be spying on you.

Your fancy Internet-connected coffee maker looks a little suspicious, too.

A Queen's University professor isn't surprised to hear of a new U.S. report which tells of a massive cyberattack of "smart" household devices.

Proofpoint, Inc., a corporation specializing in corporate security, reported this month

that cybercriminals have targeted Internet-connected home devices, since they're much easier to hack than home computers or tablets.

The Proofpoint study reported that more than 750,000 malicious email messages were sent out from more than 100,000 household gadgets, including a fridge, between Dec. 23, 2013, and Jan. 6, 2014. TORSTAR NEWS SERVICE

Market Minute

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PITFALLS OF AN ENTERTAINER

I've had such a negative perception of gyms that as I was writing this column about my new gym membership I suddenly remembered that I'd already had a gym membership, about 10 years ago, and had banished it from my memory like Star Wars Episode I: The Phantom Menace, a movie that doesn't exist.

The memory is foggy but my brief time there (it was a YMCA) reminded me of high school, complete with stale-smelling change rooms, annoying cliques and crippling self-doubt heavier than any weight. Well, not any weight. Not those little pink ones. I have a little self-respect.

Lacking the requisite cardiovascular strength (i.e. I didn't have the heart), I didn't set a sneakered foot inside a gym until a decade later when, fresh out of comedy school, I took a gig at a fitness chain where my job was to entertain people while they did ab exercises. I was keen on



HE SAYS
John Mazerolle
metronews.ca

my first post-school assignment, which is why I was blind to the fact that this is the worst idea in the history of entertainment — akin to entertaining air traffic controllers with a game of bingo.

At best, the exercisers tolerated me. At worst, they yelled at me to stop, which is part of the job, except you're not supposed to think, "That heckler is right!"

This did not improve my feeling toward the gym industry. I shunned them, preferring to exercise outside in the winter even if that meant temperatures so cold I risked ending up like Jack Nicholson at the end of *The Shining*.

But that all changed recently. I discovered a little gym in my neighbourhood that's just perfect for me. It's small so it doesn't attract many preeners, and it's open 24 hours so I can fiddle with the machinery alone. I may yet end up the first person ever killed by an elliptical, but at least my

low-impact death will only be a CCTV YouTube sensation, not an in-person humiliation.

I've been hitting the gym for about three weeks now, and it gets easier every time as I pick up a few tricks about how to carry and motivate myself:

- It helps to put the Edmonton Oilers on TV during your workout. That way you see yourself working harder than an entire team of professional athletes.
- Wearing a towel over your shoulders and carrying a water bottle shows your fellow exercisers that you are the real deal, just like the people in the ads.
- Fake punching the air looks pretty cool.
- Most importantly, I've learned that gym-goers are a family. If I see an overweight person, I show support with a hearty "Hang in there! It gets better!" If I see an attractive person, I say "Yeeahhhh."

I fully recommend that you follow these tips. Sure, conversations might go a little awry with certain members, but that just reminds me of another important gym fact I learned in high school: Running away is excellent exercise.

ZOOM

AK-47s' cruel and cool culture



COURTESY RALPH ZIMAN

Project highlights duality of AK-47s

A filmmaker has shone light on Africa's controversial use of the AK-47, by photographing vibrant replicas of the assault rifle.

Ralph Ziman, from Johannesburg, took images of Zimbabwean street vendors brandishing copies of the infamous weapon that were made using traditional Shona-style beadwork. **METRO**

Q and A

'Beautiful yet venomous snake'



RALPH ZIMAN
South African-born filmmaker, based in Los Angeles

What inspired you to address gun culture?

The story behind this project — entitled *Ghosts* — began a year ago when I was back in

my hometown of Johannesburg. I was reminded of the rate of gun violence connected to the AK-47 rifle that has gripped the entire continent of Africa and intrigued by the terror that firearms hold in African culture.

The AK-47 has killed millions, but at the same time has been pivotal in the struggle for independence

— the gun appears on the Mozambique flag. Did you have the duality of the weapon in mind?

Without a doubt. These vibrantly-coloured guns in my images highlight the alluring nature of the rifle. It's like a beautiful yet venomous snake. In South Africa, this weapon was once an instrument against the apartheid regime.

Comments

RE: Watching The NHL Has Become The Same As Witnessing A Bar Brawl, says Paul Sullivan, published Jan. 22

If you don't like fighting in hockey there are plenty of other things to watch on TV!! If anything the NHL is getting a little wimpy these days. The true fans like the state of the game and the constant whining that the game

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is too violent is annoying and will change nothing. **mbacks** posted to metronews.ca

Is there any surprise that Canadian athletics is considered a joke worldwide? Why hockey fans continuously equate toughness with fighting is beyond me. There are tougher athletes competing in rugby and Aussie Rules footie that put these guys to shame. **aferdinanda** posted to metronews.ca



HANNAH ZITNER
hannah.zitner@metronews.ca

A picture says a thousand words, or so the saying goes, and apps like Snapchat and Instagram seem to be proving the saying true. But just because you've got that beach pic of your toes in the sand, doesn't mean no one wants to read the rest of your vacation story (actually, if they're suffering through this polar vortex, they might not want to). Inspired by newspapers' forays into long-form visual storytelling, we've compiled apps that let you do just the same.



ISTOCKIMAGES

Storehouse:

User-friendly with a simple design, Storehouse lets you import photos and videos from your computer, Dropbox, Flickr or Instagram to add seamlessly to your narrative.

Prss:

Create your own online magazine using your own videos, photos with an

easy-to-use template — so you don't have to be an InDesign wizard to get your work looking sharp.

Storybird:

Billed as more of an educational tool, this app lets you create a storybook based on other people's illustrations and animations. It's geared toward kids 13+, but really, can't we all benefit from a little creative non-fiction?



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The leading ladies make Jason Reitman the man

Labor Day. Director says he owes his success to the talent of the actresses in his films

 **NED EHRBAR**
Metro World News in Hollywood

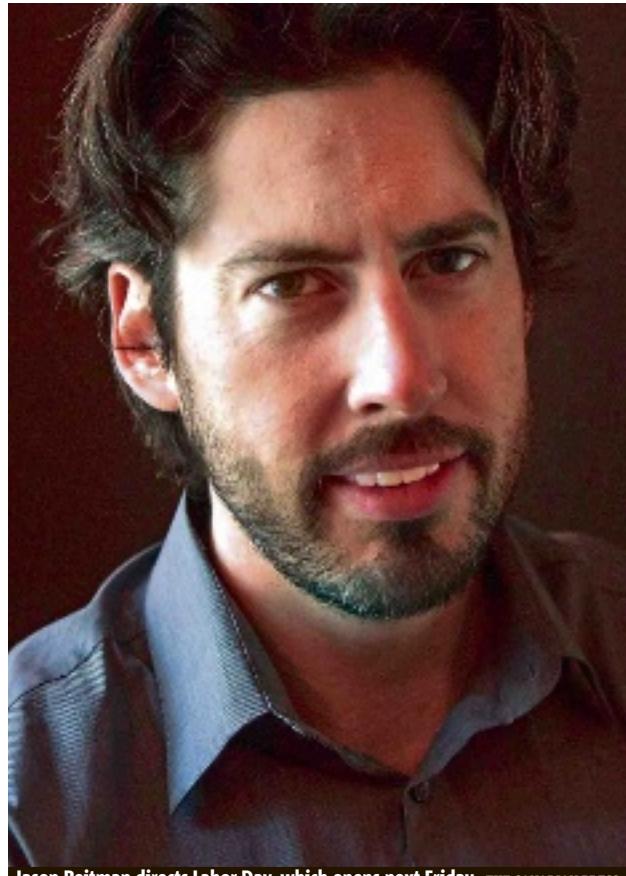
For his fifth feature film, director Jason Reitman takes on Joyce Maynard's novel *Labor Day*, about an escaped convict (Josh Brolin) who takes a single mother (Kate Winslet) hostage over a holiday long weekend. To hear Reitman tell it, any success he's had as a director is all down to his leading ladies.

How did you approach adapting the novel into a film?

The narrative follows the book so carefully. I was trying to recreate how the book made me feel. The book is told so beautifully; it's so emotional and I had such an immediate reaction to it that I wanted to create a cinematic experience that mirrored the book. I wanted to tell a story all the way to the end and leave people with a sense of romance. You can't always punch people in the ribs. Not every time.

When did you first read the book?

I read it while it was in galley, a few years ago. And my producer, Helen



Jason Reitman directs *Labor Day*, which opens next Friday. THE CANADIAN PRESS

Estabrook, found it and gave it to me and said, "You're going to love this," and she was right. My question was, "Is Kate Winslet available?" We got Josh, went to Kate and she said, "I'd love to do it, but I'll do it in a year." So we waited a year for her. That's how *Young Adult* came to be — I made it in that year.

You're developing quite

a track record of working with actresses.

Frankly, I've just been very lucky, you know? To have worked with Maria Bello, Ellen Page, Vera Farmiga, Anna Kendrick, Charlize Theron and now Kate Winslet? I mean, it's an unreal group. I'm lucky that they've chosen to work with me. It's wonderful. I mean, it makes me look better than I am. That's

the truth. In their hands, it makes me look like a decent director.

You could try to go out and make a movie ...

With the worst actors possible? I would think given the option of working with brilliant people? Yeah, I'll continue to do that. I find that I know when they're right when it just seems honest and real. When I'm watching an audition, whether it's for a lead or the tiniest part, do they make the words seem honest? It's not if it's funny, it's not if it's dramatic, it's not if it's moving. It's just, does my bulls-detector go off?

Was that how it was with your young star, Gattlin Griffith?

We looked at a lot of young men, and he came in and it was just instantaneous. It's those eyes. The whole movie is his point of view looking at the world — watching this man, watching his mother, trying to figure out what they're doing, trying to figure out his own sexuality. He could do everything without talking, and that's what I needed.

And you cast a remarkably accurate look-alike for young Josh Brolin for the flashbacks.

Tom Lipinski looks exactly like Josh Brolin. My girlfriend at the time said, "When he heard you were casting this movie he must have shot in his pants," (laughs). Use that in your paper.

Devil's Knot. Colin Firth drawn to film by vision of Canadian director Egoyan



Colin Firth stars in *Devil's Knot*, which opens Friday in Toronto. CONTRIBUTED

Colin Firth admits he knew nothing about the West Memphis Three when he first encountered *Devil's Knot*, a dramatic take on the mysterious slayings of three Arkansas boys in 1993 and the controversial conviction of three teens in their deaths.

But he says he was immediately fascinated by the "diabolical" misconduct of justice involved, and was tantalized by the unusual vision of Canadian director Atom Egoyan.

The Oscar-winning British actor says this is not a story that easily fits Hollywood's storytelling mould, and that's what made Egoyan especially suited to putting the infamous tale on the big screen.

Questions linger to this day about what really happened, and Firth notes that Egoyan wasn't afraid to leave those loose ends dangling in the movie.

"He finds things that other people might not notice and if this is a case that can't be solved easily then that's what's interesting — let's be honest about that, let's not

Quoted

"He's, I think, a real master of tone and of the mood of an experience."

Colin Firth on filmmaker Atom Egoyan

try and manufacture resolutions which aren't really there, let's see what our relationship is with the insoluble, with frustration," Firth said during a stop at the Toronto International Film Festival back in September.

"He's, I think, a real master of tone and of the mood of an experience. (This is) a story which has so many threads and so many strands, and it's not one single arc and there isn't a single protagonist. To me, he's integrated the film through that pervading mood. It's the way he lights things, and the way he uses music, and the way he creates connections and in ways that aren't conventional."

THE CANADIAN PRESS



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Drake has five nominations but is frozen out of big categories

The Grammys. Despite his critically acclaimed, high-selling album the Toronto rapper was not considered for best record, song or album

As strange as it is say that one of the top nominees at the Grammys is also one of its most prominent snubs, a case could be made for Drake.

Sure, the Toronto rapper has five nominations at this Sunday's gala — trailing leader Jay Z as well as Justin Timberlake, Kendrick Lamar, Pharrell Williams and Macklemore & Ryan Lewis — but once again, the 27-year-old star was left out of the show's three marquee categories: record, song and album of the year.

This, despite the fact that his nuanced, forward-thinking *Nothing Was the Same* was the year's seventh-bestselling album in the U.S. after moving 1.34 million copies, according to Nielsen SoundScan. The album was hailed by critics too, receiving high placement on lists of the best albums of the year by Billboard, Rolling Stone and Entertainment Weekly. His singles were just as broadly acclaimed — either the hypnotic origin tale *Started From the Bottom* or power-puff stunner *Hold On, We're Going Home* placed on the year-end Top 10 lists by Billboard, Rolling Stone, Time Magazine and Pitchfork.



Toronto rapper Drake doesn't measure his success by how many Grammys he has. CANADIAN PRESS

He's thus now been nominated for his own music 15 times but only once outside of the rap categories, when he ceded best new artist to Esperanza Spalding in 2011. (He has one win, for best rap album at last year's bash). If his spotty record at the awards soiree bothers the perennially melancholic songwriter, he didn't let on during a recent interview in Toronto.

"To be recognized in any capacity for the music that we make is great, (but) I don't think the Grammys make or break any artist," he said. "I don't think anybody should live or die by the Grammys — that's my opinion. I think it's a great organization and obviously (has a) deep-rooted history in music, but at the same time, if I go home with no Grammys I still feel great about what we did."

"I think anybody should feel that way." Well, perhaps

it helps that the slate of nominations for the 56th Grammy Awards was in many ways the most surprising in recent years — and it's left pundits unsure of what to expect.

This was, apparently, to be a Grammys show dominated by Justin Timberlake, whose sleekly high-end (if exhaustingly overlong) *The 20/20 Experience* reigned as the year's highest-selling album and was preceded by a ubiquitous marketing campaign that included a coronation at last year's Grammy show.

But despite his seven nominations, Timberlake was, like Drake, completely left out of the Grammys' trio of major categories. For album of the year, Lamar's masterful street-level opus will compete with Daft Punk's visionary *Random Access Memories*, Sara Bareilles's *The Blessed Unrest*, Mackle-

more & Ryan Lewis's poppy *The Heist* and Taylor Swift's *Red*.

It's hard to pin down a favourite. The other marquee categories are seen as just as difficult to call. Robin Thicke landed a record of the year nomination for his sleazy smash *Blurred Lines*. It's a category that also features Daft Punk's undeniable *Get Lucky*, Imagine Dragons' *Radioactive*, Lorde's *Royals* and Bruno Mars' *Locked Out of Heaven*.

The Lorde and Mars tunes are also up for song of the year — the distinction between the two confusingly named categories is that the "record" award is based on performance while "song" is given for songwriting — along with Pink's *Just Give Me a Reason*, Macklemore & Ryan Lewis's *Same Love* and Katy Perry's *Roar*.

THE CANADIAN PRESS

Mr. Mars. Having gained recognition, Bruno will no longer write others' songs

Wish Bruno Mars would write you a hit song? Keep dreaming. The singer-songwriter-producer, who has penned hits like Cee Lo Green's *Forget You* and B.o.B's *Nothin' on You*, says he's not interested in churning out tracks for other artists like he's done in the past.

"There's a piece of me that's no longer there — which was basically let me write a song and then sell it," Mars said in a recent interview. "That was back in the day when I was struggling and hustling to pay rent. I was selling songs for 250 bucks ... but now that I'm OK, I shouldn't treat it like a sport."

The 28-year-old, who is one-third of the production trio The Smeezingtons, has produced for Alicia Keys, Justin Bieber, Lil Wayne and Flo Rida. Mars said he now wants to collaborate organically with others — much like on his latest album, *Unorthodox Jukebox*, which is nominated for four honours at Sunday's Grammy Awards in Los Angeles. His sophomore

effort, released in late 2012, features Mark Ronson, Jeff Bhasker, Diplo and Paul Epworth. The album's lead single and No. 1 hit, *Locked Out of Heaven*, is nominated for song and record of the year.

He said the upbeat jam took "months and months" to create. "People didn't see us going at each other's throats in the studio and pulling out our hair for a song like *Locked Out of Heaven*," he said. "Trying to get these drums right and figure out a bass line ... It being recognized in these monster categories is an extreme honour." The crooner's other No. 1 hit, *When I Was Your Man*, is nominated for best pop solo performance, while his near-double platinum album is up for best pop vocal album. This year marks Mars' fourth nomination for record of the year; this is his third for song of the year. He won his first and only Grammy for best male pop vocal performance with *Just the Way You Are* in 2011. THE ASSOCIATED PRESS



Bruno Mars no longer looks at songwriting as a 'sport'. INVISION/AP

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Christopher Nolan comes full circle

Founder's Award.

Filmmaker receives newly created prize, waxes positive about indie film fest

Batman Trilogy director Christopher Nolan, one of Hollywood's biggest success stories, returned Saturday to the tiny hotel screening room where it all began for him.

The British filmmaker behind the multi-billion-dollar Batman franchise and Inception, another global hit, was at the Slamdance Film Festival to receive the newly created Slamdance Founder's Award, recognizing both his astounding 15-year-climb to the top and the fest's 20th anniversary.

It was at the 1999 edition of the then-fledgling Slamdance, an upstart rival to the bigger Sundance Film Festival further down Main St., in Park City, Utah, that Nolan premiered his first feature, Following, a mystery thriller he shot on weekends with friends for the

equivalent of \$6,000 (U.S.).

He screened it in the makeshift movie theatre off the hotel lobby that Slamdance uses inside its headquarters at the rustic Treasure Mountain Inn.

It's an extremely cramped space with an official seating capacity of 140 people, although it looked as if at least a couple of dozen more were wedged in to see Nolan receive his award.

"It seems an incredibly long time since I was here last . . . but it feels like only yesterday," said Nolan, 43. "And for those of you wondering, this room hasn't changed in the slightest!"

Nolan said he was thrilled to receive honours handed to him by Slamdance co-founder Peter Baxter, because the festival continues to support many independent and first-time filmmakers. "It's a true community of filmmakers and that's a thing that's much more rare than you'd expect to be in the world, frankly."

The recognition from Slamdance in 1999 gave Nolan the leg up he needed to secure the money to make and distrib-



Christopher Nolan received the Slamdance Founder's Award on the weekend in Utah. GETTY IMAGES

ute his next film, Memento, a mind-puzzler about a man with a failing memory, played by Guy Pearce, who is trying to find out who raped and murdered his wife.

Memento screened at Sun-

dance in 2000 and went on to become a cult hit.

The Batman Trilogy — Batman Begins, The Dark Knight and The Dark Knight Rises — followed in the years after that, along with Inception and other

noteworthy films.

Nolan used the occasion to give some advice to the many rookie filmmakers in the room who were hanging onto his every word.

"What Slamdance teaches

you is that whilst it's wonderful to have a great community around you of filmmakers, you have to be prepared to do everything yourself..

"The truth is, you have to be prepared to carry the flag for a film when nobody else will. If you're not prepared to do that, then nobody else will bother."

Taking questions from the audience, Nolan put to rest the long-floated rumour that Memento was originally supposed to star Brad Pitt instead of Pearce, but Nolan had turned the superstar down.

"He turned me down!" Nolan said, as the room erupted in laughter. "He did read the script and he met with me about it when he didn't have any reason to know who I was or anything about it."

Slamdance's Baxter said he can't believe that nobody had noticed Nolan's filmmaking talent before he came to Park City in 1999. "It seemed so obvious to me that here was a great new filmmaking voice who was going to advance storytelling and film production..."

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Quentin Tarantino ALL IM AGES GETTY

Tarantino will probably get stern with Dern after leak

Quentin Tarantino is calling off plans to make a western, The Hateful Eight, as his next film after the first draft of the script was leaked around Hollywood, he tells Deadline. "I'm very, very depressed. I finished a script, a first draft, and I didn't mean to shoot it until next winter, a year from now," he explains. "I gave it to six people, and apparently it's gotten out." Among the half dozen who received the script were actors Michael

Madsen, Tim Roth and current Oscar nominee Bruce Dern, and Tarantino is apparently pretty sure it was Dern's representatives who are responsible for the leak. Tarantino says the leak became apparent when his own agent's office was inundated with calls from reps trying to book their clients in smaller roles in the script. Tarantino now plans to publish the screenplay instead and move on to another project.

Harry hits the sauce after achieving South Pole goal

Prince Harry celebrated reaching the South Pole in true style, going on a "two-day bender" and drinking champagne out of a prosthetic limb, actor and trek-mate Dominic West tells the Telegraph. "Two of the Aussie guys stripped naked and ran around the pole, but most of us, Harry included, just went on a two-day bender with the Icelandic truck drivers who had brought some lethal home brew with them,"



West says, adding that Harry "told some eye-wateringly rude jokes."

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The Word

Lawrence wasn't first choice for Silver Linings Playbook

MELINDA TAUB

Metro World News

In Silver Linings Playbook, Jennifer Lawrence played a woman who'd gotten married, been widowed, gone crazy with grief and slept her way out of at least one job. Believe it or not, the first choice to play that role was not a 21-year-old.

Harvey Weinstein recently revealed that a different pixie-cut thespian was originally slated for the role: Anne Hathaway was his original choice to play Tiffany. "Silver Linings Playbook was originally going to be with Anne Hathaway and Mark Wahlberg," the studio exec told Howard Stern. "And then Anne wasn't doing it. And she's marvellous and wonderful and she was my choice, I love her."

So why wasn't Anne up there yelling and twitching and dancing poorly? Apparently she and director



David O. Russell didn't hit it off. "David and Anne had some creative differences," Weinstein said. "They didn't see eye-to-eye." That's no shocker — David O. Russell is famously difficult to work with. He's gotten into shoving matches with both George Clooney and Lily Tomlin. Hathaway doesn't seem like she'd be very accepting of shoving. And since both she and Lawrence won Oscars that year, she's probably cool with how things worked out. Of course, Jennifer won Best Actress, while Anne nabbed a mere Best Supporting Actress statuette for Les Misérables. Yeah, she might be grinding her teeth at night about this one.



Katy Perry

Praise the Lord! Perry's body is the real deal

Katy Perry admits she had some help in developing her impressive figure, but it wasn't from a surgeon. The voluptuous singer tells GQ that when she was 11 years old, "I lay on my back one night and looked down at my feet and I prayed to God. I said, 'God, will you please let me have boobs so big that I can't see my feet when I'm lying down?'" Perry says.

"God answered my prayers. I had no clue they would fall into my armpits eventually." She also insists her lack of artificial augmentation lends her more credibility. "I've never had any plastic surgery. Not a nose, not a chin, not a cheek, not a tit," she says. "So my messages of self-empowerment are truly coming from an au natural product."

Efron 'couldn't be happier' with life after rehab stint

After Zac Efron's rehab stint last spring for a reported drug problem, he's excited to be moving on and growing from the experience. "I'm so happy. I feel like I'm in a great place and I'm glad that I'm really here to share this moment with everybody and be present for all of it," Efron said at a press conference on Tuesday for his new film, That Awkward Moment, in New York City. The 26-year-old actor said of his "interesting year" that he "learned so many things."

"The best part of it was being able to reflect upon that experience and realize how much I have learned about myself and the kind of man I want to be." While promoting the film, about three young guys navigating the dating world in New York City, Efron added that he "couldn't be happier."



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I'd like to thank Her for upholding hipster style...

What the tuck.

Sequins, slips and suits made this year's silver screen sparkle. But Her, with all its hipster hues and high-waistedness, will make likely make the most lasting mark on fashion

Oscar-nominated Her didn't earn a nod for best costume design, but fashion observers say the retro-futuristic looks featured in the film take the trophy for trendsetting style.

American clothing label Opening Ceremony created a collection inspired by styles designed by Casey Storm for the inventive drama, which is set in near-future Los Angeles. Her chronicles the relationship between Theodore Twombly (Joaquin Phoenix) and his operating system (voiced by Scarlett Johansson), with the film's love-lorn protagonist regularly seen sporting buttoned-up collared shirts paired with ultra high-waisted pants.

"I think you tend to think of everyone putting their life out on display in the world that we live in now, and the fashions were really the opposite to that," said Noreen Flanagan, editor-in-chief of Elle Canada.

"It was very much about kind of concealing yourself which I thought, again, was a kind of interesting twist to what we're increasingly becoming more familiar with in terms of how we relate to one another in the digital world."



Joaquin's character in Her might be lacking in some social skills, but perhaps he can find fulfillment in his ability to choose interesting ensembles. CONTRIBUTED

What a waist

"It's not going to be for everyone and, my God, you really have to have flat abs to wear pants like that. That is not a flattering silhouette on most people."

Noreen Flanagan
Editor-in-chief of Elle Canada

Probably of all the films, Flanagan said Her has the greatest likelihood of "getting a little bit of street cred."

"It's not going to be for everyone and, my God, you really have to have flat abs to wear pants like that. That is not a flattering silhouette on most people. It requires a certain young, youthful, in-shape physique to wear it. I can see for a certain hipster set it becoming quite cool."

Toronto-based costume and set designer Sarah Armstrong also sees the potential for Her to emerge as a trendsetter.

"(Theodore's) kind of got a look, a unique esthetic, that's not unlike what we see today. It's very, very comfortable. And I think, too, because he's a younger character, that may also lend itself to a trend that might come up."

While Armstrong said she didn't think there was anything "blindingly new" about the designs for Her, she viewed them as an interpretation of the hipster trend being embraced by the 20-something generation.

"They're pulling from steampunk, they're pulling from Victorian elements, from the '60s, they're pulling from a

whole bunch of different eras and blending them all together."

On the opposite end of the style spectrum was costume design nominee American Hustle with its depiction of flashy '70s fashions. The film is awash in plunging necklines, brightly lacquered nails and bouffant



Jennifer Lawrence's outfits in American Hustle are unforgettable, but did they distract from her performance? CONTRIBUTED

And the nominees are...

A handful of period pieces will be contending for the Oscar costume crown on March 2.

- The nominees are Catherine Martin (The Great Gatsby); Patricia Norris (12 Years a Slave); William Chang Suk Ping (The Grandmaster); Michael O'Connor (The Invisible Woman); and Michael Wilkinson (American Hustle).

do's as well as bell-bottoms and mile-wide ties with lapels to match.

"We've had films in the past that have gone back to the '70s, but they really play down the hair, they really play down the wardrobe, the clothing," said Armstrong. "With American Hustle, it really is all about the excess of the '70s, and the characters are extreme."

Flanagan said while she found the clothes in Hustle to be "fun, fabulous and entertaining," she said she almost found them to be "too much."

"In terms of digging up those V-neck Halstons and Diane von Furstenberg dresses and vintage Dior aviators and Gucci accessories, full marks for going on a fashion treasure hunt and finding real gems from that period. But it needed some editing," she said. "It needed the director to say: 'Wait a minute. We don't want the fashions to overshadow the story and the characters.'"

THE CANADIAN PRESS

Twitter



JEANNE
SPACE
Jeanne Beker
life@metronews.ca

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Hockey legend @NHLshanahan, the beautiful @AndieMac Dowell + hunky @Alan_Thicke @echoesofhope game @ SundanceFest



Hitting the slopes of Park City #Utah because woman cannot live by film alone!! #sundance #heaven

Canadian street style

Spotted in: Toronto

Name: Ailyn

Age: 19

Occupation: Film student

What she's wearing:
Blundstone boots, thrift store



however is my winter hipster look."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Trend tracking with fitness bands

Beat the bloat in a fashionable fitness band. Metro tests out the techy devices that'll get you back on the blubber burn.

RICHARD PECKETT
Metro World News

Fitbit Flex

Pros: Device accurately measures my steps, and tracks when I wake up in the night. Syncs up in real time via a USB device, so when you log online, your latest movements are instantly charted. Comfortable and fashionably minimalist — after five minutes, I forgot I had it on.

Cons: Measures walking but no other forms of exercise, feeling outmoded. Too simplistic: in a world of designer apps and tech, this product feels like a step backwards. Display isn't informative and few Android devices are supported.

\$100
fitbit.com



Trends Report

2013 was the year of the selfie, so is there even anything left to 'selfie-fy' for 2014? Go online to Trends Report to see what a selfie and a selfie is — you may realize, selfie ideas may be never-ending.

- Online. Follow Irene on Twitter at @MetrolreneK or Instagram: kuanirene; metronews.ca/voices/trends-report
- Photo: Getty



Nike+ FuelBand SE

Pros: Pared-down and stylish design that works well in all day-to-day scenarios: work, sport and social. Luddite-proof: press the button to cycle through calories burnt, steps taken and Fuel activity rating. Competitive element (found within Nike+ Groups) maintains your zeal for exercising.

Cons: Too bulky to wear during habitual tasks like typing. Pricey gadget to splash out on, especially if you're not a militant fitness type. Sleep-tracking element is poor compared to devices such as the Jawbone UP.

\$149,
nike.com



Jawbone UP band

Pros: Reassuring that I could easily reach the recommended 10K steps through regular traffic patterns (walking to the train station and work, etc.) Record of sleep patterns proved useful in terms of pre-rest exercise regimen and diet. Stylishly pared-down, making it suitable for work and social life.

Cons: Exercise information: confusing and redundant since a GPS watch can give me time, pace and distance which the UP band can't do. Functionality of database and calorie counter isn't user-friendly and I soon abandoned it. Sometimes the app didn't register with my iPhone and therefore didn't sync.

\$129.99
jawbone.com

BAYSHORE FASHION FILE

BAYSHORE SHOPPING CENTRE ANSWERS YOUR FASHION & BEAUTY QUESTIONS.

Q: MY DAUGHTER LOVES WEARING SWEATPANTS AND ANYTHING WITH STRETCH WHEREVER WE GO. HOW CAN I TRANSITION HER TO SOMETHING MORE APPROPRIATE TO WEAR IN PUBLIC? IS THERE A MORE APPROPRIATE "CASUAL" THAT I CAN SUGGEST FOR HER? - T.U.

A: While it is important to be comfortable, and wear what we feel good in, it is also important to look our best in order to feel our best! An ideal solution would be to introduce your daughter to the "jegging" — a fashionable combination of jeans and leggings! This will give your daughter the feel of leggings, but with the more polished look of a skinny jean. Available in various colours and prints; visit GAP and PINK for some great options!

Q: WHAT IS THE HOTTEST STYLE OF JEANS THIS SEASON? SHOULD I LOOK FOR FLARE, SLIM FIT OR BOOT-CUT JEANS? - H.K.

A: 2014 brings the resurgence of the boot-cut jean. Flattering on all body types, try pairing them with a crisp white shirt, or fitted tuxedo jacket for a night out! Explore different washes, and finishes — the key to being on trend is the silhouette. H&M and Hudson's Bay should be first on your list for all of the latest styles!

Q: LACE IS SO IN AND I LOVE IT! IT SEEMS LIKE EVERYTHING AT THE MOMENT IS ACCENTED WITH MODERN LACE, BUT WILL THIS TREND LAST OR IN A FEW MONTHS WILL IT JUST LOOK OLD? - B.L.

A: This season, lace is everywhere and lots of it! For right now, the more the better, but keep the colour palette to a minimum — black and white is best. In order to maximize wear down the road, look for simple pieces — a classic lace skirt, or a simple black lace t-shirt — that can be incorporated into your wardrobe day-to-day wardrobe and go beyond one season.

Angie

ANGIE RUSSELL | MARKETING DIRECTOR, BAYSHORE

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Make a big impact with big art

This year's trend is to go with bigger, bolder artwork — whether it's one large piece or several smaller ones grouped together to create a unified effect. Here are a few tips to help you make the most of your space, even if you're on a budget or live in a small condo with little wall space.



DESIGN
CENTRE
Karl Lohnes
home@metronews.ca



For big effect, group smaller pieces together.
Various prints, crateandbarrel.com

The trend

With the trend of floor-to-ceiling windows, large intake vents and multiple light switches taking up valuable wall space in newer condos, it's hard to find little — if any — wall space to hang artwork. Often your only choice is an obscure wall, off to the side. The trend for 2014 is bigger and bolder artwork, creating big impact in a space with one large piece rather than a row of small gallery style hangings. To achieve impact with many small pieces, try arranging them into a rectangular grouping, which creates the effect of one big shape rather than many small ones.

Rules for hanging

When hung on an empty wall, the middle of the piece of artwork should hang 66 inches from the floor. If hanging art over a piece of furniture, the bottom of your artwork should be hung six to nine inches above it. A decorative picture light will help to illuminate your artwork and make it a focal point. If hung on the wall, art should be framed; if not, display it on a decorative easel or lean on a floating shelf. The colour of the frame should match either the wood tones or metal finishes used in the room; this will coordinate the art into the room with ease.



The middle of your artwork should hang 66 inches from the floor. Cloud Study print, \$970, crateandbarrel.com



A favourite image can be printed on canvas and stretched on a frame to create a custom piece of art. From \$25, posterjack.ca

Art on a budget

Everyone thinks art (especially larger pieces) needs to be expensive. Art needs to be thoughtful, not pricey. For affordable art, look to art school sales, vintage poster prints and big home retailers that now sell limited-run pieces (with the fast turnover of products, a favourite piece may only be around for a few months). You can also get creative and customize your own art; a favourite image can be emailed to a custom print company and reproduced on wood, stainless steel or canvas at any size. Also, painting the wall a contrasting colour is a great way to make your art piece pop; go dark or bright for impact.

Simple kitchen renovations on the cheap

Home renos. Painting cupboards, updating light fixtures or reupholstering chairs can make a big impact

Saying goodbye to an '80s kitchen can be as easy as applying a coat of paint, modernizing lighting and installing stone countertops.

Though kitchen renovations can often require a serious financial investment, painting

kitchen cabinets is a relatively inexpensive way to give the space a new look, says Lana Lounsbury, an interior designer in Victoria.

But she warns that homeowners should be aware of the kind of wood their cabinets are made of before they paint them, and what kind of paint they use.

"You cannot paint oak — the grain is too deep — and when you put lacquer over it they look fake and gross because you can still see the grain," she says.

"Homeowners should also contemplate having them professionally sprayed in a booth to avoid having the marks of brushes and rollers seen in the end product."

Lounsbury says homeowners shouldn't cut costs on paint and are advised to use a high-quality, semi-gloss sheen after applying a primer.

While quartz, stone and marble countertops can be a major investment in a kitchen, you can make an impact by installing a new countertop on a smaller space like an island.

Marina Hildebrand, an interior designer in Regina, says updating lighting fixtures can change the look of a kitchen.

According to Hildebrand, homeowners are replacing the '90s trend of three small pendant fixtures with two, more dramatic lights.

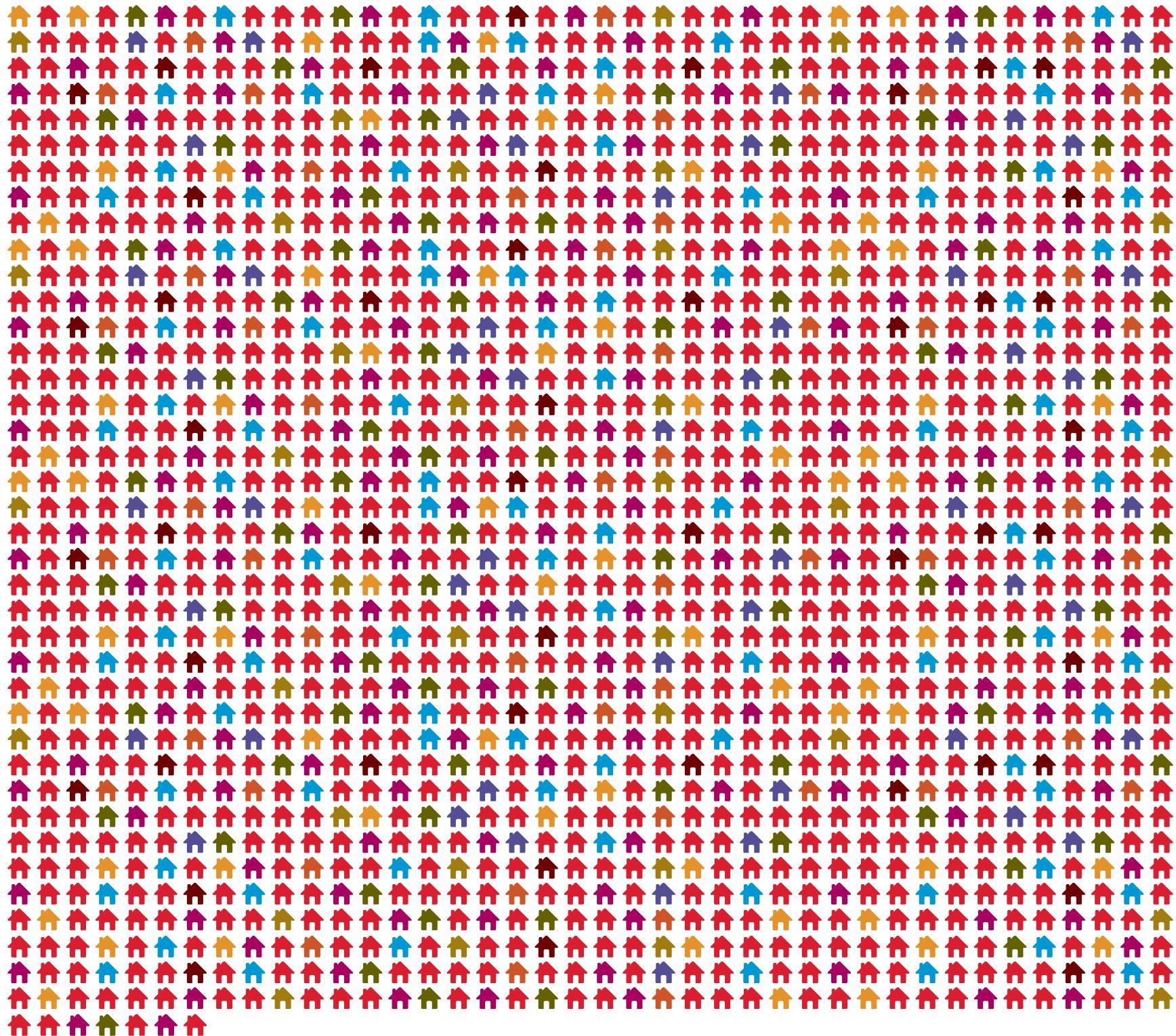
"Lighting is dramatic and pretty inexpensive considering the options out there right now," she says.

Lounsbury points out that a mix of ambient and task lighting is important in a kitchen.

THE CANADIAN PRESS



Outdated kitchens can be revitalized by introducing a bold backsplash or painting the cabinets. ISTOCK



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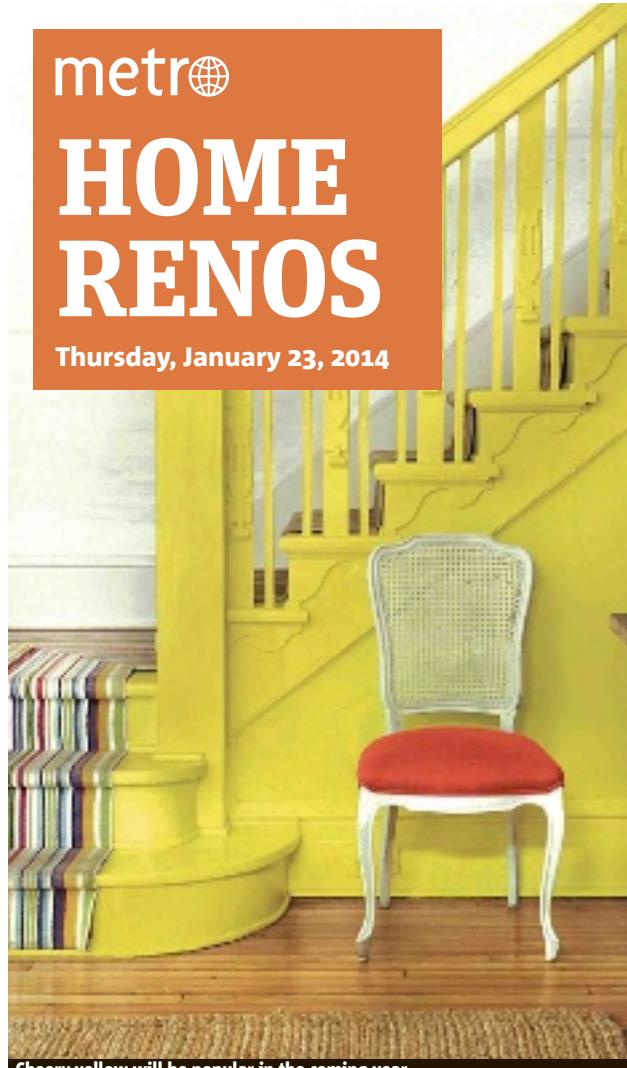


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metro

HOME RENOS

Thursday, January 23, 2014



Cheery yellow will be popular in the coming year.



Tender Rose, shown on these walls, will be a top pick this year.



Greens in this room take their cue from lavish jewel tones. CONTRIBUTED PHOTOS

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New beginnings

Paint predictions. Novel shades and unexpected combinations will pop up in home decor this year

The DULUX brand has given new meaning to the words "fresh paint" with the unveiling of its 2014 paint trends forecast. The colourful palette is filled with rich, invigorating hues that represent renewal and refreshing change, says the leading Canadian paint brand.

"After four economically difficult years, people are starting to let out their collective breath and are ready for new beginnings, which is translating into a movement towards fresh and creative colours," said Martin Tustin-Fuchs, brand manager for DULUX paint. "As a result, we'll see novel shades and unexpected combinations of colours in the year ahead in all areas of home decor."

From delicate pastels paired with soft neutrals, to playful fusions of bold and bright tones, to sophisticated pairings of dramatic darks and elegant neutrals, the 2014 colours all have an element of renewed energy and vibrancy. For example, "reds are more tangy, oranges are more ex-

pressive, greens are more jewelled, and blues are more tropical," Tustin-Fuchs said.

More specifically, here is what's trending in each colour family:

Reds: The berry tones of the past few years are being replaced by vibrant reds with orange undertones. Think tomato red, a tangy attention-grabbing colour that pairs well with warm browns, spicy oranges, and golden yellows. The new reds also work nicely with elegant darks, jewel tones and other bright tones.

Oranges: Terracotta and spice hues will be all the rage in the coming year, moving away from the melon and pink-orange tones of seasons past. Lively and expressive, the new oranges are both soothing and eclectic, warmed up with pastel pinks and greys, or cooled down with turquoise or dark blue. Oranges of 2014 work particularly well on an accent wall.

Yellows: Trendy yellows for 2014 range from gentle pastels to cheery brights to

antiqued golds, all exuding an air of warmth and optimism. Most popular will be a delicate, buttery yellow, which coordinates well with many of the year's stylish colours, including rusty oranges, muted neutrals and warm browns.

Greens: Building off the growing popularity of emerald and teal, the 2014 greens take their cue from lavish jewel tones. Leaning more towards blue than yellow, the hottest green shade for the year is cool mint. Playful yet delicate, this hue pairs well with more intense greens, as well as blue, pink, soft neutrals and pale khaki.

Blues: Oceanic blues will take centre stage in the blue family over the coming year. From deep, Mediterranean Sea-like colours to tropical Caribbean tones and the airy, ethereal hues reminiscent of the Earth's atmosphere, the new blues take on a natural daze.

Violets: Purples will move in two different directions in 2014, towards both red-purples and blue-purples. Those with reddened undertones are vibrant and daring, while blue-tinged violets are soft, diluted and retreating.

METRO NEWS SERVICES



Installing a pulldown faucet in your kitchen is a simple update. NEWS CANADA

Itchin' to update your kitchen

Remodelling the kitchen — when you decide to tackle this daunting undertaking, you want to do it right. And you aren't alone.

According to a recent survey by Houzz.com, 49 per cent of homeowners plan to completely gut their existing kitchen and start with a clean slate. Regardless of the scope of your project, if you are itchin' to update your kitchen, follow these steps to design the space you have been dreaming about.

Step 1: Create a budget

Before picking up a single tool or seeking contractor recommendations from friends, it's important to determine how much you are willing to spend to achieve your ideal kitchen. Whether needing basic upgrades or a complete remodel, setting your budget will help to create a realistic plan from the start.

Step 2: Think about what you need (and what you want)

Take a step back and think about how you use the kitchen. Are you an avid baker and need more counter space

for rolling out confections? No matter what your dream space looks like, there is one area that everyone should update — the kitchen faucet. Because it sees so much use on a daily basis, think about ways to make tasks easier, like installing a new pull-down faucet. From preparing meals and washing dishes, to watering plants and filling pitchers, you will quickly notice the difference made by this simple update.

Step 3: Research and plan

Sources for ideas and inspiration are infinite, especially online. Sites like Pinterest and Houzz provide endless eye candy and design concepts for your new kitchen space; Houzz can even provide recommendations of local professionals to contact. To visualize a few of the upgrades you are considering — not to mention touch and feel them — visit a local kitchen showroom as they have a number of vignettes and "rooms" designed throughout. Magazine articles can also provide valuable how-to information and design advice. NEWS CANADA

Product. Hardwood flooring is Pure Genius

A new product recently launched on the North American market makes living spaces healthier from the ground up.

The unique Pure Genius® smart hardwood flooring by leading Canadian manufacturer Lauzon Distinctive Hardwood Flooring improves indoor air quality of a home while beautifying the decor.

Activated by natural or artificial light and by the

movement of air, the high-quality intelligent flooring — which comes in a wide range of styles and finishes — continuously breaks down airborne toxins, creating a constant supply of pure air in the home. In fact, studies show that the air in rooms installed with Pure Genius is up to 85 per cent cleaner than spaces without the flooring.

Pure Genius is specially

formulated, using a patented titanium dioxide technology that decomposes bacteria, viruses and moulds, and reduces potential carcinogens by constantly transforming toxic airborne particles into harmless water and carbon dioxide molecules, said Lauzon Distinctive Hardwood Flooring marketing manager Nathalie Lambert.

She added that, after 30 days, rooms installed with

Pure Genius flooring have been shown to have a formaldehyde level of only five parts per billion (ppb), compared to 16 to 32.5 ppb found in a typical home. Also, Pure Genius helps reduce household odours such as cigarette smoke, pet urine and lingering cooking smells.

For more information or to locate a dealer, visit lauzonflooring.com.

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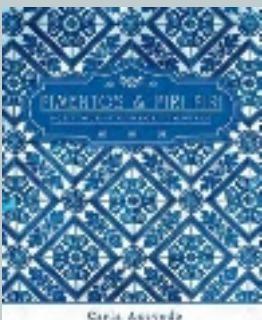


OHR14MET23

Clams and pork get comfy in Portuguese dish

Cookbook of the Week

Adapting tradition



Because the farm workers and other labourers of Portugal needed food to be hearty and filling, it has come to be known as "peasant food". Call it what you will, but one thing is for sure: The dishes of this European country are comfort food at its finest.

Pimentos and Piri Piri by Carla Azevedo takes traditional recipes and updates them for the North American kitchen with local ingredients and modern kitchen equipment.

Among the recipes in the book are: Quail in Cream Sauce, Cod and Chickpeas, Portuguese Pulled Pork and many more. **METRO**

"A cataplana, a hinged clam-shaped cooking vessel, is so popular in the Algarve beach resorts that dozens of dishes have been named after it," writes Carla Azevedo in her book *Pimentos and Piri Piri* of this Clams in Cataplana with Pork, White Wine, and Coriander dish. "If you do not have a cataplana, use a wok or a large pot with a tight-fitting lid and carefully cover the lid with a

Ingredients

- 2 lb (1 kg) Manila clams
- 1/4 cup (60 ml) olive oil
- 4 oz (120 g) pork tenderloin, cubed
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 1/2 cups (375 ml) peeled, seeded, and chopped tomatoes
- 1/2 red bell pepper, seeded, cored, and diced
- 4 oz (120 g) chouriço, sliced into 1/2-inch (1 cm) pieces
- 1 bay leaf
- 1/2 tsp (2 ml) fine salt
- 1/4 tsp (1 ml) coarsely ground black pepper
- 1/2 tsp (2 ml) dried oregano
- 1/4 tsp (1 ml) piri-piri sauce or Tabasco sauce
- 1/2 cup (125 ml) dry white wine
- 1/4 cup (60 ml) chopped fresh coriander
- 2 slices prosciutto, chopped

FLASH FOOD

From your fridge to your table in 30 minutes or less

kitchen towel; do not uncover the pot while cooking."

1. Using a stiff brush, scrub the clams under cold running water to remove any surface sand and grit. Discard any clams that are not tightly closed. Set aside.

2. In a large heavy saucepan or Dutch oven, heat the oil over medium heat; cook the pork for 2 to 3 minutes, until browned, and transfer to a dish; reserve. Add the onion and garlic and cook, stirring occasionally, for 3 to 5 minutes, until softened. Add the tomatoes, red pepper, chouriço, bay leaf, salt, pepper, oregano, and piri-piri sauce; simmer for 7 to 10 minutes, until slightly thickened.

3. Transfer half of the tomato mixture to bottom of cataplana. Arrange the clams overtop and cover with the remaining tomato mixture. Tightly secure the cataplana lid and simmer over medium-high heat for 5 minutes. Flip the cataplana over and unlatch it; add the reserved pork and the wine and sprinkle with the coriander



This recipe serves four as an appetizer or two as a main. PHOTOS RYAN SZULC, FROM PIMENTOS AND PIRI PIRI (WHITECAP BOOKS)

and prosciutto. Tightly secure the cataplana lid and cook until the shells open and the pork juices run clear when pierced

with fork, 5 to 8 minutes (check for doneness after 5 minutes of cooking and continue cooking if meat is still pink). Discard any clams that have not opened. Serve.

RECIPES EXCERPTED FROM PIMENTOS AND PIRI PIRI (WHITECAP BOOKS) BY CARLA AZEVEDO.

Lunch. Bread and Egg in Garlic and Coriander Broth



This recipe serves two.

1. Divide the bread slices between 2 soup bowls. Set aside.

2. In a saucepan, combine the garlic and salt. Stir in the coriander, oil, and boiling water.

Ingredients

- 4 slices day-old French or Italian bread, about 1/2 inch (1 cm) thick
- 3 cloves garlic, minced
- Pinch fine salt
- 1/4 cup (60 ml) finely chopped fresh coriander
- 2 tbsp (30 ml) olive oil
- 2 cups (500 ml) boiling water
- 2 eggs

Bring to a boil over medium-high heat. Carefully break the eggs into a small bowl. Stir the boiling broth to create a whirlpool effect and carefully slip the eggs, one at a time, into the centre of the whirlpool. Reduce the heat to medium-low and simmer for 3 to 4 minutes, until the eggs are almost soft-cooked (the eggs will continue cooking in the broth). Using a slotted spoon, top the bread in each soup bowl with one poached egg. Taste the broth and adjust the seasonings with salt, if necessary. In each bowl, pour enough broth over the egg to cover the bread. Serve immediately.

For your phone

Cook (iPad; free)

A presentation tool to help you share your best recipes online, Cook uses simple steps to create visually expressive looks



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

while connecting you to a global recipe library for inspiration.



MOLE NEGRA

MLB

Yanks win Tanaka sweepstakes

The New York Yankees and prized Japanese pitcher Masahiro Tanaka agreed Wednesday to a \$155-million, seven-year contract.

In addition to the deal with the 25-year-old right-hander, the Yankees must pay a \$20-million fee to his Japanese team, the Rakuten Golden Eagles.

Tanaka's deal is the highest for an international free agent.

THE ASSOCIATED PRESS

Super Bowl

MetLife staff take pop quiz in urgent snow removal

The NFL and personnel at MetLife Stadium used a winter storm in the New York City metropolitan area Tuesday as somewhat of a dress rehearsal to see how quickly they could clean the 80,000-seat facility that will hold the first outdoor Super Bowl in cold weather.

MetLife spokeswoman Nicole Fountain said the stadium and its contractors had 1,300 workers removing the 13 inches of snow that fell in and around the stadium. The crews started removal at around 8 a.m. and had sections of the stadium and most of the tarp-covered field cleared by noon. THE ASSOCIATED PRESS

Australian Open

Bouchard raising a few eyebrows in her hometown

Not only has Montreal's Eugenie Bouchard won over tennis fans with her impressive run at the Australian Open — she's even made a minor dent in her hockey-loving hometown's spectator-sports scene.

One of the city's best-known sports bars, Champs Bar, reserved 120 seats for Bouchard's semi-final match Wednesday night against China's Li Na — and its manager said earlier in the day he was expecting nearly twice that many people to show up for the event.

THE CANADIAN PRESS

Go to metronews.ca to find out how Bouchard fared against Li.



Tubbs spreads his wings and flies past Lightning

The Ottawa SkyHawks' Justin Tubbs plows past the London Lightning's Darin Mency on Wednesday night in London, Ont. Tubbs scored 22 points and the SkyHawks won 107-89. The SkyHawks return home to play the Brampton A's on Thursday at the Canadian Tire Centre. The game starts at 7:30 p.m.

ANGELA MULLINS/METRO IN LONDON

Remaining sked in the Sens' favour



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

Slim chance

"Earning a championship within the next two to three years may be wishful thinking."

Ten days ago, Senators owner Eugene Melnyk said it would be great for general manager Bryan Murray to win a Stanley Cup before moving into an advisory role at the conclusion of the 2015-16 season. Earning a championship within the next two to three years may be wishful thinking, but you can't blame an enthusiastic owner for putting faith in his management team.

Realistically, Murray, coach Paul MacLean and the Sens' fan base will be ecstatic if the club can duplicate last season's playoff run. Despite their latest streak, garnering points in eight consecutive

games and 11 of 13, the Senators remain in a valiant fight for one of two available wild-card positions.

How tough is it to claim one of these prized spots? A Senators win this past Saturday, coupled with a Leafs loss would have made Ottawa the No. 1-ranked wild-card team in the East. Neither of these results occurred and the club ended the evening dropping two places to 11th. That being said, five teams are within two points of one another and the Senators are in the thick of it.

The remaining schedule favours the Senators. Thanks

to an early California trip and subsequent return visits by the Ducks, Kings and Sharks, the team's toughest stretch has come and gone. The Blue Jackets, Canadiens, Capitals, Flyers, Hurricanes and Maple Leafs have yet to make this daunting trip. Several of these clubs have two games each to play versus the Pacific Division powerhouses, while the Devils and Red Wings have multiple games against two strong Central Division opponents — the Blues and Blackhawks. Conversely, the Senators have only a pair of meetings left with these su-

perior foes and a league-low eight matchups outside the Eastern Conference.

The only possible blip on the Senators' radar is a Western Canada trip. However, the Flames, Jets and Oilers are three of the league's lesser-lights and the Canucks game is on neutral turf; or in this case, the ice at BC Place, home of the CFL Lions.

Another positive for the Senators is only two players are making the trek to Sochi — Erik Karlsson representing Sweden and Milan Michalek, the Czech Republic. With many clubs sending multiple stars to the Olympics, fatigue may become a factor down the stretch.

Given a majority of the roster will be intact a week prior to the season's restart, Sens fans are hoping that practice will make perfect.

4
SPORTS



Alexandre Bilodeau celebrates after receiving the gold medal in men's moguls at the 2010 Winter Olympics at BC Place on Feb. 15, 2010, in Vancouver. Bilodeau, short-track speedskater Charles Hamelin and downhill skier Erik Guay are among favourites to carry the Canadian flag in Sochi.

KEVORK DJANSEZIAN/GETTY IMAGES FILE

ESPN deal

Winter X Games will remain in Aspen until 2019

Shaun White has always loved the halfpipe at the Winter X Games in Aspen.

Even though he's skipping the competition this year to prepare for the Sochi Olympics, he'll be able to ride on it for years to come.

ESPN and Aspen Skiing Company announced Wednesday a five-year extension that will keep the event in Aspen through 2019. This weekend will be the 13th straight year Winter X has staged snowboard, ski and snowmobile events in the ritzy city.

The fact it's staying put will certainly be welcome news to White, who was going to participate but decided at the last minute to skip it in order to rest up for Sochi.

There was a time when the winter action sports event roamed from venue to venue every two years, staging events in Big Bear Lake, Calif., Crested Butte and Mount Snow, Vt., before arriving in Aspen in 2002, where it's remained ever since.

THE ASSOCIATED PRESS

Long-track speedskating

Expectations low for inexperienced Canadian team

Canada's long-track speedskating team heads to Sochi lacking the dominant athletes it had at previous Winter Olympics.

The speedskating oval has been fertile medal ground for Canada with five won in Vancouver in 2010 and eight in Turin, Italy, in 2006.

"Two to three medals" is the modest goal for the 17 athletes introduced Wednesday at the Olympic Oval in Calgary. And that may be ambitious given the top medal contenders haven't consistently stood on the international podium this winter. **THE CANADIAN PRESS**

Multi-medallists Clara Hughes and Kristina Groves retired after 2010. Cindy Klassen, winner of a record five medals by herself in 2006, did not compete this winter because of a concussion.

Jeremy Wotherspoon, who won an Olympic silver, fell short in his comeback bid from retirement.

So the 2014 long-track team includes 10 athletes who will make their Olympic debuts in Russia.

"When expectations are low that's when really special

Speedy Canucks in line to wave their flag in Sochi

Olympics. Speedskater Hamelin, skiers Guay and Bilodeau will be top of mind Thursday

Alexandre Bilodeau captured Canada's first gold medal at the 2010 Olympics, while Charles Hamelin was the Canadian team's only multi gold medalist in Vancouver.

Erik Guay narrowly missed the Olympic podium four years ago, but he's Canada's most decorated World Cup alpine skier.

The next honour one of them could add to an already illustrious career is Canada's flag-bearer for the Sochi Olympics.

On Thursday in Ottawa, the Canadian Olympic Committee will announce who will carry the Maple Leaf into the Sochi opening ceremonies, and Bilodeau, Hamelin and Guay, all leaders in their respective sports, are all strong candidates.

"Just being among those, it's a great honour for me because those are great athletes and there are many more athletes that deserve to carry the flag and deserve to be in the front row when it comes to Canada and to be role models," Bilodeau told *The Canadian Press* in Montreal on Wednesday.

"It would be a tremendous honour to do that for my country,"

Canada's best

"It would be a tremendous honour to do that for my country."

Gold medallist Alexandre Bilodeau, on carrying the Canadian flag in Sochi.

Others in contention

Canada's flag-bearer usually generates plenty of buzz, and this time is no different, with Canadian hockey stars Sidney Crosby and Hayley Wickenheiser garnering support.

• Crosby, who created one of Vancouver's golden moments when he scored the winner in the final versus the U.S., isn't expected to be in Sochi for the opening ceremonies as his Penguins have a game that night vs. the Rangers.

Guay posted a pair of fifth-place finishes in Vancouver, in the downhill and super-G, missing a medal in super-G by just three hundredths of a second. In December, he won his 21st World Cup medal, breaking the Canadian record for podium performances held by Steve Podborski.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	49	31	15	3	141	109	65
Tampa Bay	50	29	16	5	146	123	63
Montreal	49	27	17	5	126	120	59
Toronto	52	27	20	5	150	156	59
Ottawa	50	22	19	9	141	155	53
Detroit	49	21	18	10	122	134	52
Florida	50	23	23	7	120	151	47
Buffalo	48	13	28	7	89	137	33

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	49	34	13	2	157	120	70
NY Rangers	52	27	22	3	131	133	57
Philadelphia	50	25	19	6	137	144	56
Columbus	49	25	20	4	143	138	54
New Jersey	51	21	19	11	122	124	53
Washington	50	22	20	8	142	152	52
Carolina	48	20	19	9	117	137	49
NY Islanders	52	21	24	7	147	169	49

Wednesday's results

Carolina at Philadelphia

Montreal at Pittsburgh

Chicago at Detroit

Phoenix at Calgary

Tuesday's results

Columbus 5 Los Angeles 3

New Jersey 7 St. Louis 1

Ottawa 2 Washington 0

Florida 4 Buffalo 3

Carolina at Philadelphia, postponed

NY Islanders 5 NY Rangers 3

Dallas 4 Minnesota 0

Toronto 5 Colorado 2

Vancouver 2 Edmonton 1

Winnipeg 3 Anaheim 2

Thursday's games

All Times Eastern

St. Louis at NY Rangers, 7 p.m.

Carolina at Buffalo, 7 p.m.

Philadelphia at Columbus, 7 p.m.

Ottawa at Tampa Bay, 7:30 p.m.

Pittsburgh at NY Islanders, 7:30 p.m.

Toronto at Dallas, 8 p.m.

Chicago at Minnesota, 8 p.m.

Nashville at Vancouver, 10 p.m.

Los Angeles at Anaheim, 10 p.m.

Winnipeg at San Jose, 10:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	51	32	8	11	184	139	75
St. Louis	49	33	11	5	171	115	71
Colorado	49	31	13	5	144	127	67
Minnesota	52	27	20	5	125	129	59
Dallas	50	22	20	8	141	152	52
Nashville	51	22	22	7	125	152	51
Winnipeg	51	23	23	5	144	152	51

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	52	37	10	5	177	129	79
San Jose	50	32	12	6	161	123	70
Los Angeles	51	29	16	9	129	128	64
Vancouver	51	26	16	9	129	128	61
Phoenix	49	23	17	9	141	149	55
Calgary	50	16	27	7	111	159	39
Edmonton	52	15	31	6	132	183	36

Note: Two points for a win, one point for overtime loss.

Friday's games

Ottawa at Carolina, postponed

Washington at New Jersey, 7 p.m.

Colorado at Florida, 7:30 p.m.

Montreal at Detroit, 7:30 p.m.

Nashville at Calgary, 9 p.m.

Phoenix at Edmonton, 9:30 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	25	43	68
Tavares, NYI	23	39	62
Getzlaf, Ana	25	34	59
Kane, Chi	23	33	56
Perry, Ana	27	28	55
Thornton, SJ	6	47	53
Kessel, Tor	26	26	52
Okposo, NYI	20	31	51
Pavelski, SJ	27	23	50
St. Louis, TBL	25	25	50
Sharp, Chi	25	25	50
Ovechkin, Wash	35	14	49

Not including last night's games

NFL PLAYOFFS

SUPER BOWL XLVIII

Sunday, Feb. 2 — At East Rutherford, N.J.
Denver vs. Seattle, 6:30 p.m.



Speedskater Christine Nesbitt

THE ASSOCIATED PRESS

Horoscopes

 **Aries**

Sept. 24 - Oct. 23

Is what you are planning a good idea? Could you have overestimated your abilities? Don't worry. The planets indicate you have what it takes and once you get moving all your doubt will disappear.

 **Taurus**

Oct. 24 - Nov. 22

You will fall out with someone who does not share your aims. It's just as well. The longer you go on pretending that you can work together despite your differences, the less likely it is you will get any work done.

 **Gemini**

Nov. 23 - Dec. 21

The important thing now is that you keep your eyes fixed on the bigger picture and don't allow yourself to be distracted by events that get in the way of your goals. Have fun but you've got to be focused too.

 **Cancer**

June 22 - July 23

Give your tongue a rest and use your eyes and ears to find out what is going on. Something you see over the next 24 hours will give you something worth talking about later on.

 **Leo**

July 24 - Aug. 23

Someone you live or work with is harbouring a secret grudge and if you say the wrong thing they will find a way to use it against you. Think before you speak and make sure you know what you are talking about.

 **Virgo**

Aug. 24 - Sept. 23

If you take what someone tells you at face value, you will miss what really matters. Before you make any kind of decision, make sure you know the facts. **SALLY BROMPTON**

 **Pisces**

Feb. 20 - March 20

Be careful who you confide in today because if you reveal your secrets to the wrong person, they won't remain secret for long! It might be wise not to let even good friends in on potentially embarrassing information. **SALLY BROMPTON**

Today



-20°/-26°
Variable

Friday



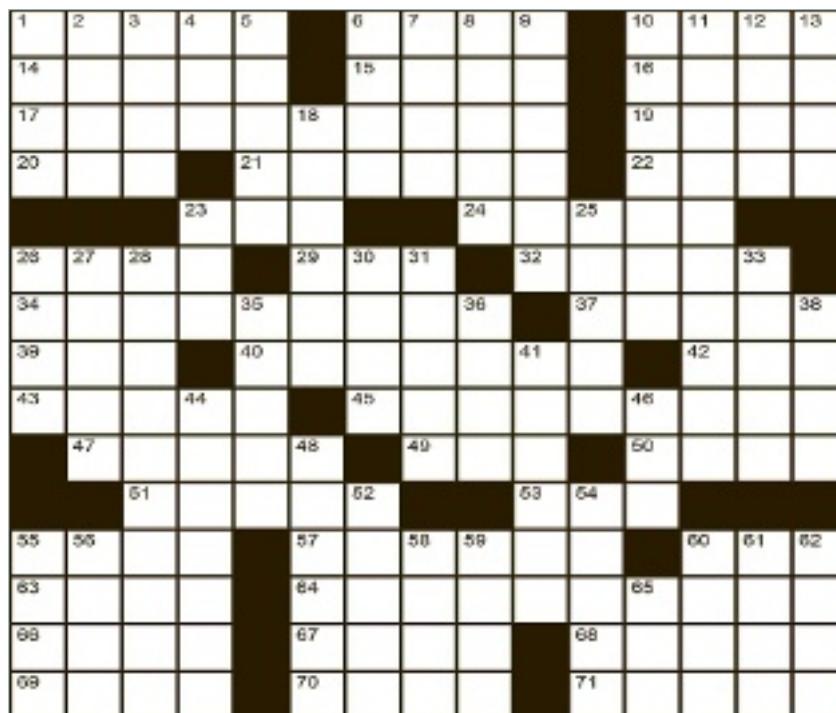
40%

-11°/-17°
Flurries

Crossword: Canada Across and Down

Across

1. Canadian furniture store, The __
6. Purchased
10. " __ I say, not..."
14. Ms. O'Donnell
15. Classical song
16. Sea lettuce
17. "Citizen Kane" (1941), for one: 2 wds.
19. Deli loaves
20. The Joy Luck Club author, Amy
21. Guy in authority, in slang: 2 wds.
22. Pickup trucks, e.g.
23. Wed.'s follower
24. Quebec: Pre-university school
26. Johannesburg, __.
29. Fast rotation meas.
32. Levi's material
34. Submarine's looking device
37. "The Odd Couple" role
39. 'Advert' suffix
40. One who is selecting
42. Objectionable word
43. Puccini opera that premiered in 1900
45. 'Eating Well with Canada's __'
47. Drugstore, for



short

49. '60s hallucinogenic
50. Fruity drinks
51. "This is so fun!" sounds
53. Suffix with 'Hero'
55. "So long!"
57. Colm of "Star Trek: The Next Generation"
60. Pres. Lincoln
63. Guess Who's

"Hang __ Your Life"

64. Bookstore's popular item
66. Leave in, in proofreading
67. Rosey __, Canadian broadcaster
68. Worker's needs
69. Crags
70. Scandinavian rugs
71. Excretion

tion

Down

1. Ms. Spears, to pals
2. Cabo da __, Portugal
3. Glenn Frey song: "The Heat __"
4. NFL's Bengals, on scoreboards
5. "American Idol" judge Mr. Urban
6. Vault
7. "Hurry up ... __ leaving without you!"
8. Lavender
9. "Village of the __" (1995)
10. "Quentin __ M.P." (Vintage CBC show starring Gordon Pinsent)
11. That which Sochi's won in order to get the 2014 Winter

Games: 2 wds.
12. With: French
13. Cheek
18. 1750: Halifax's oldest building, St. Paul's __
23. Prefix with 'angle'
25. Captain __ von Trapp
26. Skewer
27. Writer of ancient Greece
28. Superior's stuff
30. Magician's disappearing word!
31. Bobbin
33. "All in the Family" spin-off
35. Daunt
36. Those, in Spanish
38. Bus travel paths, for short
41. Mr. Cibrian's
44. Collusions
46. Abu Dhabi is its cap.
48. MP = __ of Parliament
52. Shabby
54. Sochi turndowns
55. Toll
56. Look __ (Investigate)
58. Drifting
59. Utmost degrees
60. Lotion component
61. Mr. Lugosi
62. Poet's 'previously'
65. High's antonym

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

8	2	3	5	1	4	6	7	9
9	1	5	3	7	6	2	4	
7	4	6	9	5	2	1	8	3
5	3	1	4	2	9	7	8	8
6	8	2	7	3	1	4	9	5
4	9	7	8	5	6	3	1	2
2	6	8	1	4	3	9	5	7
1	5	4	2	9	7	8	3	6
3	7	9	5	8	6	2	4	1

3	7	2	6	9
5				3
	1			8
7	5	8	4	2
6	8	5	1	4
		7		
6	8	5	1	4
	9			5
3				7
2	4	1	5	3

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2014 IIHS TOP SAFETY PICK

Optima SX AT shown[▲]

THE NEW 2014
OPTIMA

WAS
~~\$151~~

THROWBACK PRICING

\$111*
BI-WEEKLY for the
first 15 MONTHS.

6-SPEED AUTOMATIC

hwy / city 100km[▲]
5.7L/8.9L

0.99%
financing

Includes Variable Throwback Pricing Incentive. \$111 bi-weekly payments include \$1,280 Throwback Pricing Incentive. Payments are based on 2014 Optima LX AT (OP742E), 60-month financing amortized over 84 months. After 15 months, bi-weekly payments increase to \$151. Principal balance of \$7,793 due after 60 months. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.*

2013 IIHS TOP SAFETY PICK

Forte SX shown[▲]

THE ALL-NEW 2014
FORTE

WAS
~~\$98~~

THROWBACK PRICING
\$78*
BI-WEEKLY for the
first 15 MONTHS.

hwy / city 100km[▲]
5.3L/8.0L

0%
financing

Includes Variable Throwback Pricing Incentive. \$78 bi-weekly payments include \$640 Throwback Pricing Incentive. Payments are based on 2014 Forte LX MT (F0541E), financing for 84 months. After 15 months, bi-weekly payments increase to \$98. Throwback Pricing Incentive may be taken as a lump sum or to reduce the financed amount.*

THE NEW 2014
RIO

WAS
~~\$91~~

THROWBACK PRICING
\$71*
BI-WEEKLY for the
first 15 MONTHS.

hwy / city 100km[▲]
5.3L/7.5L

0.99%
financing

Includes Variable Throwback Pricing Incentive. \$71 bi-weekly payments include \$640 Throwback Pricing Incentive. Payments are based on 2014 Rio LX MT (R0541E), 60-month financing amortized over 84 months. After 15 months, bi-weekly payments increase to \$91. Principal balance of \$4,660 due after 60 months. Throwback Pricing Incentive may be taken as a lump sum or to reduce the financed amount.*

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